



#### **ID CARD**

**RECREATION FACILITIES** 

All program and center participants are required to obtain an ID Card for access. (No card needed for spectators or rental guests.)

#### **Resident ID Cards**

\$3 – valid 3 years from date of purchase. Englewood residents must obtain a Resident ID card for each member of the family who wishes to receive the discounted Resident Fee rate. A valid photo ID with current address or documentation verifying current Englewood address (vehicle registration, utility bill or phone bill, etc.) must be provided. Create a household account to register online.

#### Non-Resident ID Cards

Non-residents will receive their first ID Card for free.

#### **Gymnasium**

Full-size gym for basketball, volleyball and other court activities.

#### **Fitness Amenities**

Cardiovascular rooms including ellipticals, stationary cycles and treadmills. Comprehensive weight rooms including free weights and weight-bearing machines.

#### **Facility Rentals**

Our Recreation Centers and Community Parks offer individual and group rentals (classrooms, pools, gym, multipurpose rooms, kitchen and park shelters) to host your next meeting, gathering or celebration. Please visit **englewoodco.gov** for current rental information.

#### **Locker Rooms**

Showers and lockers available to all paid guests; bring your own lock and towel

#### **Corporate Rates**

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for significantly discounted Corporate Rates. Please contact 303-762-2680 or recreation@englewoodco.gov.

#### **Individuals with Disabilities Program**

The City of Englewood strives to mainstream individuals with disabilities into our recreation programs. Qualified individuals with disabilities are provided with reasonable accommodation to receive equal opportunity of inclusion. For additional information, contact 303-762-2680 or recreation@englewoodco.gov.

#### **Financial Assistance for Englewood Residents**

Please contact 303-762-2680 or recreation@englewoodco.gov.

#### Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers honor Wellness Insurance Programs, including Silver Sneakers and Renew Active. Please check with your insurance provider to determine which program they are offering so you can participate in fitness, swim classes and other activities for free. These programs can be purchased through Medicare Advantage or a Medicare Supplement plan (Medigap). Contact your health insurance provider for eligibility.







## **HOW TO REGISTER**



**ONLINE:** Submit registrations anytime at **englewoodrec.org.**Payments must be made with Visa, MasterCard, Discover Card or American Express.



WALK-IN: Registrations are accepted at the Englewood Recreation Center or Malley Recreation Center during regular business hours.



PHONE: Call 303-762-2680 or 303-762-2660 during regular business hours.

#### **Policies and Enrollment**

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID cardholders are given priority and are able to enroll two days before non-residents. During this period, non-resident registrations are accepted and prioritized by date/time. After this process, all registrations are handled on a first-come, first-served basis. All checks are payable to the City of Englewood. Checks are accepted for payment, provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

#### **ENGLEWOOD RECREATION CENTER**

Fun for all ages • 303-762-2680 • 1155 W. Oxford Avenue

The Englewood Recreation Center, a full-service community facility, offers activities for all ages. Currently, the center offers an indoor track, 25-meter eight-lane pool, The ZONE functional training center, four racquetball/wallyball courts, gymnasium, cardiovascular and weight training rooms.

#### Hours of Operation M-Th: 6:00 AM - 9:00 PM

M-11: 6:00 AM - 9:00 PM
F: 6:00 AM - 8:00 PM
Sa & Su: 8:00 AM - 5:00 PM
POOL CLOSES 30 MIN
BEFORE CENTER

#### enter Closures:

Monday, 5/31 – Memorial Day Sunday, 7/4 – Independence Day

#### **Center Admission**

**Corporate Rates** 

Admission includes use of fitness amenities (pool, weight rooms, cardio, ZONE functional training room, running track (6.5 laps = 1 mile),

gymnasium and racquetball/walleyball/handball courts).				
RESERVATIONS MAY BE REQUIRED	GENERAL:	3 – 54 Years	ACTIVE ADULT	: 55 – 82 Years
Туре	Non-Resident	Resident	Non-Resident	Resident
Daily Admission (Recreation ID required)	\$6.00	\$4.75	\$5.50	\$4.00
25-Visit Pass	<b>\$105.00</b> (CPV \$4.20)	<b>\$84.00</b> (CPV \$3.36)	\$80.00 (CPV \$3.20)	<b>\$64.00</b> (CPV \$2.56)
Fitness Drop-In Class	\$10.00	\$8.00	\$10.00	\$8.00
Annual Pass Active adults ages 55–82 can enjoy use of both Recreation Centers with this pass for drop-in use.	<b>\$390.00</b> (\$32.50/mo)	\$312.00 (\$26.00/mo)	<b>\$356.00</b> (\$29.67/mo)	<b>\$225.00</b> (\$18.75/mo)
Premier Annual Pass* Upgrade your ERC annual pass to include eligible group fitness classes, one personal training session and four guest passes. (See pages 47 through 51 for eligible fitness classes.)	<b>\$465.00</b> (\$38.75/mo)	<b>\$387.00</b> (\$32.25/mo)	<b>\$430.00</b> (\$35.83/mo)	<b>\$300.00</b> (\$25.00/mo)
Platinum Pass (83+) Ages 83 and up are free to enjoy drop-in use of the Englewood and Malley Recreation Centers.	-	-	FREE	FREE
Racquetball/Walleyball/Handball Recognized User Groups see Center Supervisor for rates.	Courts are reser Reservations seven days	are accepted	Fee included in co	enter admission.

\*All Annual passes are eligible for monthly auto-debit program. Annual & Platinum Active Adult pass good for both ERC and Malley Recreation Centers.

RECREATION STAFF		
Recreation Managers	Brad Anderson – Aquatics Allison Boyd – Facility/Programs	banderson@englewoodco.gov aboyd@englewoodco.gov
Englewood Recreation Center	Sara Stant Joyce Musgrove Kathy Wallace – Aquatics	sstant@englewoodco.gov jmusgrove@englewoodco.gov kwallace@englewoodco.gov
Malley Recreation Center	Cheryl Adamson Shelly Fritz-Pelle	cadamson@englewoodco.gov sfritz@englewoodco.gov
Open Space Activities Supervisor	Lindsay Peterson	lpeterson@englewoodco.gov



#### The ZONE

Check out this functional training system that will elevate your workout. Multiple exercise stations can be customized to meet your level of training. Stations include squat rack, renegade station, high-low pulleys, heavy bag, monkey bars, traversing walls, rebounder, jump platform and dozens of attachment points for straps. Tetro Performance offers a variety of fitness classes using The ZONE room. Register online at **tetroperformance.com** and check out page 45 for current classes.

Call for Pricing; Pricing based on Residency and number of visits purchased.

#### MALLEY RECREATION CENTER — Where Fun Never Gets Old! For ages 55 and better • 303-762-2660 • 3380 S. Lincoln Street

The Malley Recreation Center and programs promote healthy lifestyle and social activity. Enriching programs including fitness, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities, arts and crafts, and more. Home to the highest quality Pilates Reformer machines.

**Hours of Operation** 

9:00 am – NOON

Monday, 5/31 – Memorial Day Sunday, 7/4 – Independence Day

Participants 55 years of age and older receive class/program registration priority; adults 18 years and older may register for classes/programs based on availability. The Malley Fitness area and computer access are not available for those under age 55. All classes and special events are available to all ages.

#### **Wellness Insurance Programs (WIP)**

Englewood and Malley Recreation Centers honor Wellness Insurance Programs including SilverSneakers and Renew Active. See page 22 for more information.

#### Volunteers of America (VOA) Nutrition Program -**Pre-Packaged To-Go Lunch**

The Malley Recreation Center and Volunteers of America have teamed up to provide a lunch Monday through Friday from 11:30 AM-12:30 PM. Lunch is available for pickup in the lobby either to-go or for dine-in at the Ballroom from 12:00-12:30 PM. Mask, social distancing and reservations for dine-in are required.

Reservations must be made two days in advance by calling 303-762-2660. For Monday and Tuesday of the following week, please make reservations by noon on Thursday. Monthly menus are available at englewoodco.gov or at the Malley Recreation Center Front Desk. For those who are able to make a donation, the suggested amount is \$2.50 for ages 60+. For guests under 60, the recommended amount is \$8.50.

#### **Visiting Nurse Association**

Provides quality, affordable health care including foot care, blood pressure checks and monitoring of chronic conditions. Appointment only. Call 303-698-6496.

#### **Social Pass**

This pass allows 12 months of access to all the Malley Recreation programs that do not include a class number. Activities with this pass include fitness center, game room, computers, bridge, bunco, billiards, lobby access, table tennis, pickleball and drop-in gym.

	ACTIVE ADULT: 55 – 82 Years		
Туре	Resident	Non-Resident	
Social Pass	\$48.00	\$60.00	
Annual Pass (Multi-Facility)	<b>\$225.00</b> (\$18.75/mo)	<b>\$356.00</b> (\$29.67/mo)	
Premier Annual Pass	<b>\$300.00</b> (\$25.00/mo)	<b>\$430.00</b> (\$35.83/mo)	
Platinum Pass (83+)	FREE	FREE	



#### **Pickleball**

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Pickleball is a low-impact, active game combining elements of badminton, tennis and table tennis. Players use paddles and a plastic ball in a court with a low net. It's easy to learn this quick, fast-paced, competitive game. Equipment is available. Annual or daily pass required. Due to COVID-19 guidelines, hours of operation are subject to change. For hours of operation, call 303-762-2660 or visit englewoodrec.org.

D	DROP-IN PICKLEBALL SCHEDULE				Reservatio	Reservations are required. Courts are subject to availability.		
	Level	Su	М	Tu	W	Th	F	Sa
MRC	Beg./Int.	_	11:30 АМ – 1:30 РМ	_	11:30 АМ – 1:30 РМ	_	_	_
Σ	Adv.	_	_	_	_	_	11:30 АМ – 1:30 РМ	_
ERC	Beg./Int.	_	_	_	-	_	3 – 5 РМ	_
CFHSC	Beg./Int.	_	_	1-5 РМ	_	1-5 РМ	NOON - 4:30 PM	_
Ę.	Adv.	1-5 PM	_	8 am – noon	_	8 am – noon	_	_

MRC = Malley Recreation Center, ERC = Englewood Recreation Center, CFHSC = Colorado's Finest High School of Choice

#### MALLEY RECREATION CENTER SOCIAL PASS

SELF-LED PROGRAMS — REQUIRES SOCIAL PASS							
Class	Activity#	Dates	Days	Time	Location	Fee	Res
Bunka Embroidery Bunka embroidery is sometimes called Japanese thread painting and the finished picture frequently resembles an oil painting.	31751611	6/5 - 8/28	Sa	9:00 am – noon	MRC	\$16	\$13
BYOC Crafters Group  Do you start projects and have difficulty finishing them?  If you answered "yes," then this is the group for you!  Bring your supplies and join others who love to craft too! Large tables and sewing machines are provided.	31760611	6/7 - 8/30	М	1:00 – 3:00 рм	MRC	\$16	\$13
<b>Drop-in Woodcarving</b> For carvers with some experience. A carving glove and thumb guard are required.	31762512	6/4 - 8/27	F	9:30 - 11:30 AM	MRC	\$16	\$13

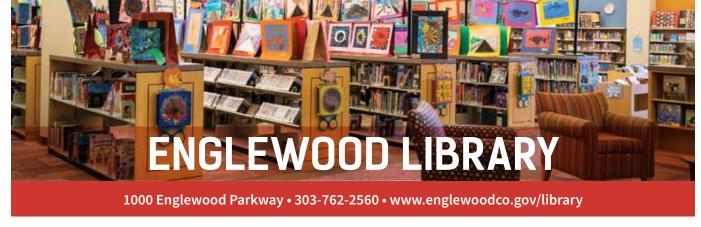
DROP-IN PROGRAMS — REQUIRES S	OCIAL PASS	AND R	ESERVATIONS	
Class	Dates	Days	Time	Fee
Bridge Group Enjoy duplicate bridge and bring a partner.	TBD	Tu	12:30 – 4:00 РМ	SOCIAL PASS
<b>Table Tennis</b> The sport can be played as single or doubles. Great for beginners and more advanced levels.	6/1 - 8/31	Tu	12:30 – 4:30 РМ	SOCIAL PASS
Retirement Support Group Gather with other retirees and share thoughts and stories about retirement topics such as friendship, loss, leisure, purpose and much, much more.	6/2 - 8/25	w	10:30 – 11:30 ам	SOCIAL PASS
MovieTime  Join us the second Friday of the month to watch a free movie on the big screen. Popcorn available for 25 cents. Watch for monthly flyers or call 303-762-2660 the week of the movie.	6/11 7/9 8/13	F	1:00 рм	SOCIAL PASS

To verify if drop-in programs are happening, please call 303-762-2660 or visit englewoodrec.org.

### Look for information on Excursions and Hikes to start up again in July by checking out the website after June 14!



MALLEY RECREATION CENTER



#### **ADULT PROGRAMMING**

#### **Book Clubs**

The Library continues to hold meetings once a month for three book clubs throughout the pandemic. We are always excited to add new members.

Books@the Bar! meets on the third Monday of the month. Each month we get together at different locations to sample food and beverages from wonderful restaurants throughout the City of Englewood. Please contact the library to get a copy of the list of titles and locations.

Location: Varies

Novels@Night meets on the second Thursday of the month at 6:00 рм.

Location: Anderson Room

**Sack Lunch Sagas** meets on the fourth Wednesday of the month at 12:30 PM. Bring a sack lunch and let's talk about books! Location: Anderson Room

#### **Intro to Nonviolent Communication**

Saturday, June 5, 1:00 - 3:00 PM

Saturday, August 21, 1:00 - 3:00 PM

In partnership with the Rocky Mountain Compassionate Communication Network, the library is offering this introductory class on Non-Violent Communication (NVC) based on the work of Marshall Rosenberg. NVC is grounded in compassion and common human needs and helps transform patterns that often lead to conflict or disconnection from ourselves and others. Please join us for this free class and discover the many ways it can transform your life. For adults and teens. Please visit our website for registration information.

Location: Combination of in-person/Zoom

#### **Lively Tours: Rocky's West Side Story**

Saturday, June 26, 2:00 PM

Do you ever wish you had lived in the pioneer days? If you did, you would have needed the inspiration and courage to cross Ute trails over the mountains to camp on the side of Colorado's largest lake, live in a cave on the side of a mountain while digging a ditch to divert water out of the Grand River and see the Arapahoe men on horseback wandering through what would become Rocky Mountain National Park. Join us as David Lively, from Lively Tours, takes us on a journey to the distant past.

Circle Location: Combination of in-person/Zoom

#### **Memory Café**

#### Second Monday of the month, 2:00 PM

The Memory Café is a fun place for people experiencing memory loss and their caregivers to socialize, relax and engage. Each cafe has an activity to facilitate our main goal: social connection for individuals with shared experiences. You can just be yourself without worrying about remembering or forgetting. For adults, no registration required. Please contact Michelle at 303-762-2560 for more information.

June - Maintaining Independence as We Age July - Boulder Museum of Contemporary Art August - Button Trees Activity Location: Combination of in-person/Zoom

#### Sad You Can't Go to the Movies?

Second Thursday of the month, 1:00 PM

Please join us for our Classic Movie Series featuring:

The Little Princess - May 13

Impact - June 10

Location: The comfort of your favorite chair or couch via the Library's Facebook page.

#### **Trivia Night**

Third Friday of the month, 6:00 -7:30 PM

Join us for Trivia Night! Upcoming topics are Disney/Superhero, Nerd Trivia (think HP, LOR, & GOT), and 70s/80s trivia. Prizes will be awarded to winners. We will use Kahoot, so make sure to download the app or go to our webpage beforehand. Once we have everyone in the meeting, we will give out the passcode to the game. See you there! Location: Held virtually until further notice

https://englewoodco.zoom.us/j/93021426931

#### Please visit our website to grab all the details on our regularly scheduled programs and services.

- · Books @the Bar!
- Citizenship Tutoring
- Creative Writing Group
- English Language Tutoring
- French Conversation
- Life, the Universe & Everything
- Novels@Night
- Sack Lunch Sagas
- Sit-n-Knit
- · Your Next Read!
- Memory Café

#### **CHILDREN'S PROGRAMMING**

#### **ALL AGES PROGRAMMING**

#### **Tuesday Virtual Events**

Join us live on Facebook for a virtual train ride through animal habitats around the world. Take-and-Make Kits will be available prior to the program.

6/1	Tu	2:00 PM	Polar
6/8	Tu	2:00 РМ	Grassland
6/15	Tu	2:00 РМ	Pets
6/22	Tu	2:00 РМ	Desert
6/29	Tu	2:00 РМ	Wetlands
7/6	Tu	2:00 РМ	Farm
7/13	Tu	2:00 РМ	Underground
7/20	Tu	2:00 РМ	Rainforest
7/27	Tu	2:00 РМ	Marine
8/3	Tu	2:00 РМ	Forest

#### **Wednesday In-Person Performer Events**

Join us in the Community Room for live performers. Registration is required. Masks are required. Please bring a blanket to help with social distancing.

6/2	W	2:00 PM	Mark Hellerstein, Puppeteer
6/9	W	2:00 PM	Wick School of Irish Dance
6/16	W	2:00 рм	Live Animals – Talon Talk
6/23	W	2:00 рм	Live Animals – Habitats and
			Adaptations
6/30	W	2:00 PM	Denise Gard, Storyteller
			(with dogs)

#### **Thursday In-Person Events**

Join us in the Community Room for fun, interactive family events. There will be two time slots to allow as many families as possible to participate while still maintaining required capacity limits. Registration is required. Masks are required.

6/3	Th	2:00 PM	<b>Working Dogs</b>
6/10	Th	2:00 РМ	Animal Crafts
6/17	Th	2:00 рм	Stuffy Summer Camp
6/24	Th	2:00 рм	Importance of Bees
7/1	Th	2:00 рм	Prehistoric Science
7/8	Th	2:00 рм	Whodunnit
7/15	Th	2:00 РМ	Foam/Bubble Party
7/22	Th	2:00 РМ	Summer Crafts
7/29	Th	2:00 РМ	Animal Science
8/5	Th	2:00 PM	Zookeeper Training Camp

#### Kidstage

Join us outside in the Piazza for live performers.

1/0	Iu	0.30 PM	Jaliua Circus
7/13	Tu	6:30 рм	Kalama Polynesian Dancers
7/20	Tu	6:30 PM	Ann Lincoln, Magician
7/27	Tu	6:30 рм	Jenn Cleary Music

#### STORYTIME PROGRAMMING

#### **Virtual Storytime**

Join us every Monday and Thursday at 10:30 AM via Facebook Live.

M	6/7, 6/14, 6/21, 6/28	10:30 AM
Th	6/3, 6/10, 6/17, 6/24	10:30 AM
M	7/5, 7/12, 7/19, 7/26	10:30 AM
Th	7/1, 7/8, 7/15, 7/22, 7/29	10:30 AM
M	8/2, 8/9, 8/16, 8/23, 8/30	10:30 AM
Th	8/6, 8/12, 8/19, 8/26	10:30 AM

#### **In-Person Storytime**

Join us every Tuesday In the Community Room at 10:30 AM or 11:30 AM. Registration is required. Masks are required. Please bring a blanket to help with social distancing.

Tu	6/1, 6/8, 6/15, 6/22, 6/29	10:30 AM & 11:30 AM
Tu	7/6, 7/13, 7/20, 7/27	10:30 AM & 11:30 AM
Tu	8/3, 8/10, 8/17, 8/24, 8/31	10:30 AM & 11:30 AM

#### **Virtual Pajama Storytime**

Join us every Wednesday at 7:00 PM via Facebook Live.

W	6/2, 6/9, 6/16, 6/23, 6/30	7:00 рм
W	7/7, 7/14, 7/21, 7/28	7:00 рм
W	8/4, 8/11, 8/18, 8/25	7:00 рм

#### Storvtime in the Park

Join us every Friday for storytime in a local park at 9:30 AM or 10:30 AM. Park locations will be announced weekly. Registration is required. Masks are required. Please bring a blanket to help with social distancing.

F	6/4, 6/11, 6/18, 6/25	9:30 AM & 10:30 AM
F	7/2, 7/9, 7/16, 7/23, 7/30	9:30 AM & 10:30 AM
F	8/6, 8/13, 8/20, 8/26	9:30 AM & 10:30 AM



#### **TWEEN PROGRAMMING**

Tween programming is geared towards ages 8-11.

Join us for a mix of fun virtual and in-person programs. Virtual programs will be held via Zoom and in-person programs will be held in a local park or the Community Room. Registration and masks are required for in-person programs.

6/2	W	4:00 PM	Crafts at the Park
6/9	W	4:00 рм	Science via Zoom
6/16	W	4:00 рм	Art via Zoom
6/23	W	4:00 рм	Animal Trivia via Zoom
6/30	W	4:00 рм	Origami in the
			Community Room
7/7	W	4:00 рм	Science Tellers via Zoom
7/14	W	4:00 рм	<b>Hack that Painting</b>
			at the Park
7/21	W	4:00 рм	Digital Mystery via Zoom
7/28	W	4:00 рм	Science via Zoom
8/4	W	4:00 PM	Jurassic Park at the Park

#### **TEEN PROGRAMMING**

Teen programming is geared towards ages 12–18.

#### **Teen Virtual Hangouts**

**ENGLEWOOD LIBRARY** 

Join us for weekly hangouts live on Zoom held every Tuesday at 4:00 PM.

Game Nights: 6/1, 6/29, 7/6, 8/3, 8/31

Movie/TV Club: 6/8, 7/13, 8/10 Writer's Group: 6/15, 7/20, 8/17 Book Club: 6/22, 7/27, 8/24

Email epiteen@gmail.com to get information on which movies, TV series and books we will be discussing each month.

#### **Teen Dungeons & Dragons Club**

Join us as we continue our virtual D&D campaign via Zoom.

ıu	0/1,0/13	3:30 PM
Tu	7/6, 7/20	5:30 PM
Tu	8/3, 8/17	5:30 рм

#### **Teen Weekly Events**

Join us for a mix of fun virtual and in-person programs. Virtual programs will be via Zoom and in-person programs will be held in a local park. Registration and masks are required for inperson programs.

6/4	F	4:00 PM	Murder Mystery at the Park
6/11	F	4:00 PM	Artist Discussion via Zoom
6/18	F	4:00 PM	Crafts at the Park
6/25	F	4:00 РМ	Space Academy at the Park
7/2	F	4:00 РМ	Trivia via Zoom
7/9	F	4:00 РМ	Digital Escape Room via Zoom
7/16	F	4:00 РМ	Hack that Painting at the Park
7/23	F	4:00 РМ	Digital Murder Mystery via Zoom
7/30	F	4:00 РМ	Virtual Art via Zoom
8/3	F	4:00 РМ	Cosplay in the Park

## Summer Reading Is Here!

We have reading programs for all ages. Be sure to come into the library to sign up or check out our website to register online.

#### Baby Reading Program (ages 0 to 12 months old)

Read 10 books to your baby, then come to the library to pick up your free book.

#### Kids Reading Program (ages 1 to 11 years old)

Read 10 hours, then come into the library to pick up your free book. Need some incentive along the way? Stop by the library and get small prizes for every 2 hours you read.

#### Teen Reading Program (ages 12 to 18 years old)

Read 24 hours, then come to the library to pick up your free book. Need some incentive along the way? Stop by the library and get prizes for every 6 hours you read.

**Note:** Reading includes reading on your own, being read to, reading to others and listening to audio books.

**What Else?** Don't miss out on our fun summer activities! Whether you are ready to come out and join us in person, or want to keep interacting with us virtually, we have lots of fun activities planned for the summer.







#### **PLEASE NOTE:**

ALL RECORDED COMPUTER CLASSES HAVE BEEN UPLOADED TO THE LIBRARY'S YOUTUBE CHANNEL DURING THE PANDEMIC.

#### **Library Electronic Resources**

Since we're still in that in-between place of not being closed, but not holding in-house classes yet, we'll continue to feature several of the resources available through the Library's website.

#### **Consumer Health Complete**

This is the single most comprehensive resource for consumeroriented health content. It is designed to support patients' information needs and foster an overall understanding of healthrelated topics. This full-text database covers topics such as aging, cancer, diabetes, drugs and alcohol, fitness, nutrition and dietetics, children's health, men's and women's health through evidence-based reports, news and magazine articles, and videos and animations. Check on drug and herb information, peruse fact sheets and pamphlets or look for alternative sources.

#### **Genealogy - FamilySearch**

FamilySearch is a nonprofit family history organization dedicated to connecting families across generations. This is the largest genealogy organization in the world. Millions of people use FamilySearch records, resources and services each year to learn more about their family history. Do you want to know who's hanging out in your family tree? Take a look at FamilySearch.

#### GreenFILE

If you're interested in learning more about environmental issues or want to become more environmentally friendly, this cross-disciplinary environmental resource can get you in the know. Focusing on human impacts to the environment, topics include sustainable agriculture, recycling, green building, climate change and more. Abstracts to more than 600,000 and full-text access to more than 9,000 articles are included.

#### **History Reference Center**

History Reference Center is the world's most comprehensive full-text history reference database designed for secondary schools, public libraries, junior/community colleges and undergraduate research. The database features full text for more than 2,000 reference books, encyclopedias and non-fiction books from leading history publishers.



#### **Englewood Historic Photos**

Englewood Public Library has a historic photos database containing images of people, places and events relating to Englewood and the surrounding area. Feel free to browse the collections and download any photos of interest to you.

#### **Legal Information Reference Center**

This reference center allows access to legal forms and full-text articles. Reference books are provided through Nolo, the nation's oldest and most well-respected provider of legal information for individuals and small businesses. Search over 12,000 state-specific legal forms organized by subject including adoption, bankruptcy, name changes and more. You will also have access to the tools and "how-to" instructions to address a wide range of legal issues.

#### **Psychology & Behavioral Sciences Collection**

The brain can be a fascinating and intimidating organ. Weighing in at about three pounds, it controls all functions of the human body and interprets information from all active senses. Intelligence, creativity, emotion and memory are a few of the many things governed by the brain. Browse more than 500 journals containing articles about psychiatry and psychology, mental processes, emotional and behavioral characteristics, anthropology and observational and experimental methods.

#### **Printing at the Library**

Come into the Library and print from one of our public computers. Or, send your print job from your own device and pick it up through our curbside service during our normal operating hours. At this time, we're covering the cost up to 25 pages of black and white and 10 pages of color.

#### **Public Computer Use**

Public computers are available from NOON to 2:00 PM and 3:00–5:00 PM, Monday–Sunday. They're also available from 5:30–7:30 PM, Monday–Thursday. Masks that cover both nose and mouth are required at all times when inside the Library until further notice.

**BROKEN TEE GOLF COURSE** 

#### **Celebrate Golf Day on July 21**

We are making changes to ensure all our guests feel safe and enjoy their day at Broken Tee!

Things may look a bit different and feel smaller, but we promise you'll still have a great time. Full details are available online, but plan to enjoy food, free range use and fun when you visit Broken Tee.

MetaGolf Learning Center offers a variety of lesson options for everyone. Check out the Instruction page on our website and give them a call at 303-799-0870 to sign up.



BROKEN TEE GOLF COURSE



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website for more details!









There are a variety of junior golf options this season. Find out which is best for you on our website under the Junior tab.

#### **BROKEN TEE SUMMER JUNIORS PROGRAMS**

#### **MetaGolf Junior Golf Programs**

#### Monthly Junior Program - \$129

This is an opportunity for 7- to 14-year-olds to learn basic golf fundamentals in a group setting. These 4 consecutive group clinics are designed for beginner/intermediate-level junior golfers. Juniors will receive sound fundamental instruction in the areas of putting, chipping, pitching and full swing. 5:1 student/teacher ratio, 3 student minimum.

5:30 - 6:30 PM for 4 consecutive weeks May, June, July, August, September

#### 3-Day Junior Golf Camp - \$250

This camp is designed to help junior golfers improve their golf game, develop good work habits, develop sound values, and most importantly, have a blast! The camp provides basic instruction covering every skill area and a general understanding of rules and etiquette. 5:1 student/teacher ratio, 3 students minimum.

Tu - Th 9 AM - NOON 6/8 - 6/10, 7/6 - 7/8, 8/10 - 8/12, 8/24 - 8/26

#### **PGA Junior Camps**

Action-packed camps include hands-on instruction led by certified PGA Professionals. Signature PGA camp curriculum focuses on developing golf skills while keeping the experience fun. Low student/instructor ratio (approximately 6:1).

Half-Day Camps (\$295) are designed to inspire new golfers and further the development of those playing at a beginner to intermediate level. Campers learn and hone their skills with a strong emphasis placed on golf's fundamentals while having fun!

Full-Day Camps (\$495) provide an opportunity for intermediate to advanced junior golfers to continue to improve their skills as well as develop better course management expertise. Following lunch, campers head to the course for supervised play emphasizing course management, shot selection and rules.





#### **Nike Junior Golf Camps**

Veteran Nike Camp Director Brad Neher is excited to invite players of all ability levels to work on their game at Broken Tee Golf Course. The summer camps run a full day from 9:00 AM-3:00 PM and are the perfect opportunity for junior golfers to improve their skills and their course strategy. Campers enjoy three hours of instruction each morning, focusing on all facets of the game. After lunch, it's off to play the golf course. During course play our coaches teach strategy, etiquette and course management. This camp will create well-rounded golfers and raise each player's game to the next level. The summer camps run six consecutive Sundays from 1:00-4:00 PM.

#### **Hole-n-One Summer Program**

Ages: 5-15 yrs

Broken Tee Golf Course is happy to announce our NEW partnership with 1st Tee of Denver to bring the Hole-n-One Junior Camp back

We focus on rules, etiquette, short and long game instruction with an emphasis on fun. The Hole-n-One junior camp will be offered June 1 through June 5 with three time options available. Lessons will be held at Broken Tee Golf Course's driving range, practice area and the Par 3 course.

8:30 - 9:30 AM, 9:35 - 10:35 AM, 10:40 - 11:40 AM \$80/participant

#### **Younguns Summer Camps**

Summer 2021 Camps Offered by First Tee of Denver

#### Younguns

Ages: 4-5 yrs

4:45 - 5:45 PM 6/14, 6/21, 6/28, 7/12, 7/19, 7/26 \$135

#### **Advanced Younguns**

Ages: 6-7 yrs

6:00 - 7:00 PM 6/14, 6/21, 6/28, 7/12, 7/19, 7/26 \$135



Ahoy, ye mateys! Welcome to a swashbuckling good time at the Pirates Cove Waterpark! Pirates Cove offers a leisure pool with a large interactive play structure, a 25-meter 6-lane pool with drop slide and diving board, a 35-foot slide tower with three slides, a lazy river, concessions and more. Pirates Cove has National Pool and Waterpark-trained lifeguards licensed by Jeff Ellis and Associates to ensure your safety. Rules and regulations can be found at piratescovecolorado.com.

#### **HOURS OF OPERATION**

Open 10:00 AM - 6:00 PM

Daily: May 29 – August 13

Weekends Only: Aug. 14, 15, 21, 22, 28, 29 Labor Day Weekend: September 4, 5, 6

#### **Pirates Cove Waterpark Admission Rates**

Pirates Cove accepts: Visa, MasterCard, Discover, American Express and cash.

	Child/Sr (2 –	17 / 55+ yrs)	Adult (18	-54 yrs)		
	Non-Res	Res	Non-Res	Res		
Daily	\$14	\$9	\$15	\$10		
Weekends/ Holidays	\$16	\$10	\$17	\$11		
Season Pass*	\$115	\$78	\$128	\$86		
Family Pass*	_	_	\$292	\$195		
Over 4 peo	Over 4 people on the family pass will be charged \$35 per person.					

\*All passes expire 9/6/21. Family Pass price includes up to four people in same household. For discount price, each individual must present a current Englewood Recreation ID.

#### **Avoid the Lines**

Pre-purchase your tickets so you can spend more time making a splash. Pre-purchased tickets can be purchased at the Englewood Recreation Center, as you leave the Cove or online at piratescovecolorado.com.

#### **Water and Sun Safety**

At Pirates Cove our top priority is your safety. Although we have lifeguards stationed throughout the park, it is important that you remain with your child at all times, especially if they are under 8 years of age or unable to swim. Make sure that you're protecting yourself, and your child, from the sun's harmful rays. Use sunscreen and reapply throughout the day to reduce your sun exposure and to protect against skin cancer. Look for posters inside Pirates Cove all season long for more information on swim and sun safety.

#### **Cove Cabanas**

Rent a private cabana for up to 8 people. Cabanas include two lounge chairs, two regular chairs and a small table.

Weekday pricing: \$99/\$109

Weekend and holiday pricing: \$109/\$119

Price does not include park admission. Reserve online or call 303-783-6924.

#### **Patio Rental**

During the week we have a couple of areas that are available for you to call your own. Each area is equipped with tables and umbrellas. It's the perfect spot to host family and friends. Call 303-783-6924 to reserve.

#### **The Treasure Chest**

Did you forget your sunscreen? Misplace your towel? No worries! Pirates Cove has you covered. Located inside the entrance, we carry swim goggles, sunscreen, towels, sunglasses, swim diapers, souvenirs and of course Pirates Cove T-shirts and hats. Stop by The Treasure Chest and stock up on your favorite items or to enjoy some Dippin' Dots.

#### **Parties and Rentals at Pirates Cove!**

Pirates Cove is a great place to celebrate birthdays, teams, sporting groups, corporate events and more.





**CAPTAIN COOK PARTY** for 1 - 15 guests: \$294

**BILLY BONES PARTY** for 16 – 25 guests: \$374

Party packages include full-day admission to Pirates Cove, private tables on our party patio, courtyard or riverside for 2 hours, cupcakes, ice cream, soda, paper products, 1–2 pizzas and Big Squirt for the birthday celebrator. Additional pizza and tickets can be added at a discount. Visit piratescovecolorado.com to book your party today.

#### **Barnacle Café**

Fun in the sun can sure work up an appetite! Join us for lunch or snacks at the Barnacle Café. Offerings include hot dogs, hamburgers, french fries and fresh pizza. Cool off during the day with Blue Bunny ice cream, a Pirates favorite. Enjoy an ice-cold soda or our very own frozen drinks in one of our souvenir cups. Purchase the cup and get \$1 refills on soda all summer long. Visit our Shaved Ice stand and select from over 50 flavors. Funnel Fries and Funnel Cakes are back this year, a dough treat that is made in front of your very own eyes!

#### **UPCOMING SUMMER EVENTS**

#### World's Largest Swim Lesson: Thursday, June 17

Drowning remains the second leading cause of unintended injury related to the death of children ages 1–14. Pirates Cove is proud to be one of hundreds of facilities around the globe promoting Learn to Swim. Come to Pirates Cove on June 17 for a free half-hour swim lesson. After the lesson, feel free to stay and work on the skills you learned and play for free.

Christmas in July: July 25 Adult Nights: June 16, July 14 and August 4 Food Drive: July 5 – 10 Dog Plunge: September 12

#### **Swim Classes**

Class registrations are taken at the Englewood Recreation Center, 1155 W. Oxford Ave., and online at englewoodrec.org. Drop-off registrations are accepted at Pirates Cove. Classes that do not meet the minimum requirement will be canceled three days prior to the class start date. Is the class you want to sign up for full? Ask to be on the waiting list. Classes are often added if a sufficient number of names appear on the waitlist. Please check the Accelerated Swimming class descriptions on page 35 prior to enrolling in a class. If you have questions on your child's placement for Pirates Cove classes, contact Desiree by calling 303-762-2682.

## **MORNING SWIMMING LESSONS AT PIRATES COVE** 2 weeks, 8 lessons

		Monday – Thursday			
Fee: \$55/\$44	Session:	1	2	3	4
Class	Time	6/7 – 6/18*	6/21 – 7/1	7/5 – 7/15	7/19 – 7/29
Babes & Tots	9:00 – 9:30 ам		31310121	_	31310141
Seahorse	9:00 – 9:30 ам	31320111	31320121	31320131	31320141
Seal	8:25 – 8:55 am	31320211	31320221	31320231	31320241
Seat	9:00 – 9:30 ам	31320212	31320222	31320232	31320242
Otter	8:25 – 8:55 am	31320311	31320321	31320331	31320341
Stingray	9:00 – 9:30 ам	31330111	31330121	31330131	31330141
Dolphin	8:25 – 8:55 am	31330211	31330221	31330231	31330241
Dolphin	9:00 – 9:30 ам	31330212	31330222	31330232	31330242
Swordfish	8:25 – 8:55 am	31330311	31330321	31330331	31330341
Barracuda/Shark	8:25 – 8:55 ам	31330411	31330421	31330431	31330441

<sup>\*</sup>All classes on 6/17 will be moved to 6/18 due to World's Largest Swim Lesson.

#### **Tidal Waves**

Ages: 6-17 yrs

Take your swimming skills to the next level on our year-round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters. Swim meets are TBD at this time.

Location: Pirates Cove

31330911 6/7 - 7/29 M, Tu, W, Th 7:00 - 8:00 AM

#### **Deep Water Fitness**

Ages: 16 yrs +

Enjoy the benefits of a low-impact workout using belts and noodles in our outdoor pool. Participants should be comfortable in deep water. Class size is limited, sign up now.

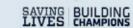
Location: Pirates Cove

6/8 – 7/1	Tu, Th	8:30 - 9:30 AM	\$46/\$38	31350211
7/6 – 8/5	Tu, Th	8:30 - 9:30 AM	\$46/\$38	31350221



#### **Hours**

**M - Th:** 6:00 AM - 8:00 PM **F:** 6:00 AM - 7:00 PM **Sa/Su:** 8:00 AM - 4:30 PM



#### **Pool Safety Guidelines**

Children under 8 years old must be directly supervised by an adult in the pool area. Adults must provide in-water supervision of children unable to pass the swim test.

Supervise your children. No diving. No breath-holding games, please.

#### **The Swim Test**

Children under 8 years old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

#### **Pool Features**

- 8 lanes, 25 meters
- Body slide (must pass a swim test)
- 2 3 ft. shallow children's area with easy access stairs
- Small slides
- Family changing rooms
- Dry sauna 180 200°
- ADA accessible
- Pool temp 86° year-round

#### **Open Swim – By Reservation**

By reservation only. Head on down for an afternoon of fun. Toss the ball, dive for rings or take a ride down the slides.

**M - Th:** 6:00 – 8:00 PM

F: 4:00 – 7:00 PM Tot area + 2 lanes only

**Sa/Su:** 1:00 – 4:30 PM

#### **Lap Swim - By Reservation**

**M-Th:** 6:00 AM - 8:00 PM **F:** 6:00 AM - 7:00 PM **Sa/Su:** 8:00 AM - 4:00 PM



Following COVID-19 guidelines, schedules and policies may change at any time.

There is no evidence that COVID-19 can spread to humans through the use of pools and hot tubs.





#### **Infant and Toddler**

#### Babes & Tots (6 mos - 3 yrs)

Introduction to the water with a focus on safety and primary water skills including submersion, bubbles and water play in a fun, family environment.

#### Jellyfish (2½ - 3½ yrs)

This class is for advanced toddlers who go under water willingly and are nearly floating on their own. Instructor approval requested.

#### **Preschool**

#### Seahorse (3 – 5 yrs)

These little ones may be cautious, but are ready to start the basics. A gentle approach using songs and games is used to help them gain confidence and trust.

#### Seal (3 - 5 yrs)

These little ones are happiest going under water and are just starting to float on their own.

#### Otter (3 - 5 yrs)

These little ones can float for 10 seconds, roll over and kick 10 meters to safety.

#### Sea Lion (3 - 5 yrs)

These are our most experienced little swimmers, working on freestyle and backstroke drills, with the goal of being able to swim 15 meters with ease.

#### **School Age**

#### Stingray (6 - 14 yrs)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking and breathing will be mastered here.

#### **Dolphin (6 – 14 yrs)**

Swimmers will be conditioned to float, kick and breathe for longer distances while core swimming skills are introduced and mastered. Swimmers will master freestyle and backstroke drills for 15–25 meters.

#### Swordfish (6 – 14 yrs)

Swimmers at this level are well conditioned and beginning to swim up to 25 meters of freestyle, backstroke and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

#### Barracuda (6 – 14 yrs)

Swimmers are working toward 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time and advanced safety skills are included.

#### Shark (6 – 14 yrs)

Swimmers completing this class will have all the skills necessary to swim for fitness, join a swim team or take lifeguard training.

## **WATER FITNESS**

#### **Aqua Power**

Ages: 16 yrs +

Add water to your everyday routine and see the difference. *Location: ERC* 

6/10 - 7/1	Th	5:00 – 5:55 рм	\$23/\$19	31250211
7/8 – 7/29	Th	5:00 – 5:55 РМ	\$23/\$19	31250221
8/5 - 8/26	Th	5:00 - 5:55 PM	\$23/\$19	31250231

#### **HIIT Aqua**

Ages: 16 yrs +

High intensity followed by active recovery = all gain with no pain.

Location: ERC

6/8 – 6/29	Tu	5:00 - 5:55 PM	\$23/\$19	31250611
7/6 – 7/27	Tu	5:00 - 5:55 PM	\$23/\$19	31250621
8/3 - 8/24	Tu	5:00 - 5:55 PM	\$23/\$19	31250631

#### Senior Aqua

Ages: 55 yrs +

Rediscover the fountain of youth, where splashing and smiling isn't just for kids.

Location: ERC

6/7 – 8/23	М	9:00 - 9:50 AM	\$30/\$24	31260111
5/8 – 8/24	Tu	9:00 - 9:50 AM	\$30/\$24	31260112
6/8 – 8/24	Tu	10:00 - 10:50 AM	\$30/\$24	31260113
6/9 – 8/25	W	9:00 - 9:50 AM	\$30/\$24	31260114
5/10 - 8/26	Th	8:00 - 8:50 AM	\$30/\$24	31260115

6/10 - 8/26 Th 8:00 - 8:50 AM \$30/\$24 31260115 6/10 - 8/26 Th 9:00 - 9:50 AM \$30/\$24 31260116 6/11 - 8/27 F 9:00 - 9:50 AM \$30/\$24 31260117

MORNING SWIMMING LESSONS AT ERC 2 weeks, 8 lessons					
			Monday –	Thursday	
Fee: \$55/\$44	Session:	1	2	3	4
Class	Time	6/7 – 6/18*	6/21 – 7/1	7/5 – 7/15	7/19 – 7/29
Babes & Tots	10:35 – 11:05 АМ	31210111	_	31210112	_
Jellyfish	8:50 – 9:15 ам	31210211	31210221	31210231	_
	9:20 – 9:50 ам	31220111	31220121	31220131	31220141
Seahorse	10:00 – 10:30 АМ	31220112	_	31220132	31220142
	11:10 – 11:40 АМ	_	31220122	_	_
	9:20 – 9:50 ам	31220211	31220221	31220231	31220241
Seal	10:00 – 10:30 АМ	31220212	_	31220232	31220242
	11:10 – 11:40 АМ	_	31220222	_	_
Otter/Sea Lion	10:35 – 11:05 АМ	31220311	_	31220331	31220341
Otter/Sea Lion	11:10 – 11:40 АМ	_	31220321	_	_
	9:20 – 9:50 ам	31230111	31230121	31230131	31230141
Stingray	10:00 – 10:30 АМ	31230112	_	31230132	31230142
	11:10 – 11:40 АМ	_	31230122	_	_
	9:20 – 9:50 ам	31230211	31230221	31230231	31230241
Dolphin	10:00 – 10:30 АМ	31230212	_	31230232	31230242
	11:10 – 11:40 АМ	_	31230222	_	_
Swordfish	8:30 – 9:15 ам	31230311	31230321	31230331	_
3worunsii	10:35 – 11:05 АМ	_	_	_	31230341
Barracuda/Shark	8:30 – 9:15 ам	31230411	31230421	31230431	
Dairacuua/Siidik	10:35 – 11:05 AM	_	_	_	31230441

<sup>\*</sup>Due to the World's Largest Swim Lesson on 6/17 at Pirates Cove, Thursday's lesson will be rescheduled for Friday, 6/18.

<b>EVENING SWI</b>	MMING LESSO	NS AT ERC	4 weeks, 8 lessons	
		Mondays & Wednesdays		
Fee: \$55/\$44	Session:	1	2	
Class	Time	6/7- 6/30	7/5 – 7/28	
Jellyfish	4:00 – 4:25 PM	31210213	31210223	
Seahorse	4:00 – 4:25 PM	31220113	31220123	
Seal	4:30 – 5:00 PM	31220213	31220223	
Otter/Sea Lion	5:05 – 5:35 РМ	31220313	31220323	
Stingray	4:30 – 5:00 РМ	31230113	31230123	
Dolphin	5:05 – 5:35 РМ	31230213	31230223	
Swordfish	5:40 – 6:10 рм	31230313	31230323	
Barracuda/Shark	5:40 – 6:10 рм	31230413	31230423	

SATURDAY SWIN	MING LESSONS	4 weeks, 4 lessons		
Fee: \$27/\$22	Session:	1	2	3
Class	Time	6/12 - 7/3	7/10 - 7/31	8/7 - 8/28
Babes & Tots	10:00 – 10:30 ам	31210114	31210124	31210134
Babes & Tots	10:35 – 11:05 ам	31210115	31210125	31210135
Jellyfish	9:30 – 9:55 ам	31210214	3121024	3121034
Cookeyoo	10:00 – 10:30 ам	31220114	31220124	31220134
Seahorse	10:35 – 11:05 ам	31220115	31220125	31220135
Cool	10:00 – 10:30 ам	31220214	31220224	31220234
Seal	10:35 – 11:05 ам	31220215	31220225	31220235
Otter	8:50 – 9:20 ам	31220314	31220324	31220334
Sea Lion	11:10 – 11:50 ам	31220414	31220424	31220434
Ctio cuo	9:15 – 9:55 ам	31230114	31230124	31230134
Stingray	11:10 – 11:50 ам	31230115	31230125	31230135
Dolphin	9:15 – 9:55 ам	31230214	31230224	31230234
Dolphin	11:10 - 11:50 AM	31230215	31230225	31230235
Swordfish	8:30 – 9:10 AM	31230314	31230324	31230334
Barracuda/Shark	8:30 - 9:10 AM	31230414	31230424	31230434

#### PRIVATE SWIMMING LESSONS

Sign up for private lessons with our experienced instructors who will provide hands-on instruction in or out of the water based on your preferences. Check online for more days and times not listed here.

Ages: 3	years to adult	• 6 months - 3	years, parent-assisted
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	1 student	2 students
4 classes	\$92	\$112
*3 classes	\$69	\$84

	JUNE		JULY		AUGUST	
	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday
Time	6/8 – 6/29	6/10 - 7/1	7/6 – 7/27	7/8 – 7/29	8/3 - 8/24	8/5 – 8/26
4:00 – 4:30 PM	31231211	31231221	31231231	31231241	31231251	31231261
4:30 – 5:00 РМ	31231212	31231222	31231232	31231242	31231252	31231262
5:00 – 5:30 РМ	31231213	31231223	31231233	31231243	31231253	31231263
5:30 – 6:00 РМ	31231214	31231224	31231234	31231244	31231254	31231264

	Sunday	Sunday	Sunday
Time	6/13 – 6/27*	7/11 - 8/1	8/8 - 8/22
9:00 – 9:30 ам	31231225	31231245	31231265
9:30 – 10:00 AM	31231226	31231246	31231266
10:00 – 10:30 AM	31231227	31231247	32131267
10:30 - 11:00 AM	31231228	31231248	31231268

SWIMMING LESSONS



#### **Crochet Class**

Ages: 16 vrs +

**CULTURAL PROGRAMS** 

Even if you've never held a hook before or don't know a slip knot from a single crochet, use this class to pick up basic techniques and tips. By the end of the class, you will be ready to crochet in rows, which is all you need to make a scarf or even a simple blanket. Bring a J hook and yarn to class.

Location: MRC			Instructor: J	ulie McCready
6/12 – 6/26	Sa	9:30 - 11:30 AM	\$41/\$33	31751011
7/10 – 7/24	Sa	9:30 - 11:30 AM	\$41/\$33	31751012
8/14 - 8/28	Sa	9:30 - 11:30 AM	\$41/\$33	31751013

#### **Creative Pottery**

Ages: 55 yrs +

Use different methods of handbuilding and/or sculpting to create three pieces of art. Glazes included. Open to all skill levels. Supply fee: \$15 per 12 lbs. of clay used, payable to instructor.

Location: MR	L	Ti.	nstructor: Mi	cnael McGratn
6/1 – 7/6	Tu	10:00 AM - NOON	\$72/\$67	31760411
7/13 - 8/17	Tu	10:00 AM - NOON	\$72/\$67	31760412

#### **Drawing and Painting Class**

Aaes: 55 vrs +

Whether you like to paint, smatter, draw or sketch, this class will bring out creativeness. Pick your favorite medium – such as watercolors, acrylics or pencils – and enrich your skills in this class. All levels of experience welcome. Bring any works in progress or start something new.

Location: MRC			Instructor: E	ileen Hoffman
6/3 – 7/8	Th	10:00 AM - NOON	\$60/\$55	31761011
7/15 – 8/19	Th	10:00 AM - NOON	\$60/\$55	31761012

#### **NEW** Ultra Beginner Line Dance

This class is a good place to start for those interested in learning how to line dance and enjoy moving to a variety of music.

Location: TBD			Instruct	or: Judy Curtis
6/2 – 6/30	W	10:45 - 11:45 AM	\$16/\$13	31860311
7/7 – 7/28	W	10:45 - 11:45 AM	\$13/\$11	31860312
8/4 - 8/25	W	10:45 - 11:45 AM	\$13/\$11	31860313

#### **NEW** Beginning Line Dance

Ages: 55 yrs +

Step up the pace. Learn more difficult steps to new choreography and continue learning.

Location: TBD		Instruct	or: Judy Curti	
6/2 – 6/30	W	9:00 - 10:00 AM	\$16/\$13	3186041
7/14 – 7/28	W	9:00 - 10:00 AM	\$13/\$11	3186041
8/4 – 8/25	W	9:00 - 10:00 AM	\$13/\$11	31860413

#### **Continuing Bridge**

Ages: 55 vrs +

Take your bridge playing to the next level. This class is designed for those who have been learning the game for a while and want a new challenge. Class includes instruction on play and defense, bidding skills, some lecture and supervised playing.

Location: MRC			Instructo	or: James Buck
6/2 – 7/7	W	10:00 AM - NOON	\$57/\$46	31465011
7/14 - 8/18	W	10:00 AM - NOON	\$57/\$46	31465012

Ages: 55 yrs +

Bienvenidos! Continue to sharpen your Spanish-speaking skills. This interactive class builds further on what you have learned. You will focus on more complex forms of conversation, using proper grammar, pronunciation and a variety of new vocabulary. A background in Spanish is recommended.

Location: MRC			Instructor: Jean Kunkel		
6/7 – 8/23	М	8:30 - 10:30 AM	\$68/\$56	31465611	

#### **Encaustics**

Ages: 16 yrs +

Learn to make your own greeting cards using an ancient Egyptian art form that involves heating colored wax with a small iron and applying it to a heavy glossy paper. You'll leave the class with 5 cards and an 8x10" picture. Material fee: \$25, payable to the instructor.

Location. Mr	C		mstructor.	Cullille Scott
6/16	W	9:30 am - noon	\$15/\$12	31760211
8/18	W	9:30 am - noon	\$15/\$12	31760212

#### **NEW** Cyanotype Prints

Ages: 16 yrs +

Create beautiful art by placing flowers, leaves or other items on treated paper. When paper is exposed to sun, the result is a unique blue and white creation. You will leave with five cards and an 8x10" picture. Material fee: \$30, payable to the instructor.

Location:	MRC		instructor: Camille Scott		
7/21	W	9:30 am – noon	\$15/\$12	317602132	

#### **Never B-4 Bingo**

Have some fun, and prizes are included! Play in person or via Zoom (a working email is needed). Bingo cards need to be picked up at Malley prior or request them to be mailed.

Location:	MRC
C/1 A	

/14	M	1:00 – 2:00 PM	FREE
IRTUAL 31	450111, IN-PERS	on 31450112	
/12	M	1:00 - 2:00 PM	FREE
IRTUAL 31	450211, IN-PERS	on 31450212	
/9	M	1:00 - 2:00 PM	FREE
IRTUAL 31	450311, IN-PERS	on 31450312	



#### **Medicare 101**

Making a decision can be hard! Attend this presentation to learn all your plan options and review the A, B, C and Ds of Medicare. Allen will share important dates to remember and how to save money on prescriptions.

Location: MRC		Instructor: Allen McGirl		
6/10	Th	1:30 – 3:30 РМ		
VIRTUAL 31	460111, IN-PERSO	on 31460112		
7/8	Th	6:00 - 8:00 PM	FREE	
VIRTUAL 31	460211, IN-PERSO	on 31460212		
8/12	Th	1:30 - 3:30 PM	FREE	
VIRTUAL 314	460311, IN-PERSO	on 31460312		

#### The Will Maker - Legal Seminar

In a single sitting, you'll complete a simple will. You will also complete a living will, medical power of attorney and financial power of attorney with the help of a licensed attorney. Fee includes all material, witnessing, notarizing, individual review and time for questions. Bring your ID and a snack. Cost \$100, payable to Rebecca Bennetti at the workshop.

Locatio	n: MRC	Instructor: Rebecca Bennetti, Lawy		
6/15	Tu	NOON - 4:30 PM	\$15/\$12	31460411
7/13	Tu	NOON - 4:30 PM	\$15/\$12	31460511
8/17	Tu	NOON - 4:30 PM	\$15/\$12	31460611

#### Wills, Trusts & Power of Attorney

Planning for disability and death can give you peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about some of the tools available, including powers of attorney, advance medical directives, wills and trusts. We'll touch on the probate process and long-term care.

Location: MRC

Instructor:	Ryan Scott, Law	Office of Ryan B. Scott, LLC		
6/21	М	10:00 - 11:30 AM	\$7/\$5	
VIRTUAL 31460911, IN-PERSON 31460912				

#### Legal, Financial & Tax Issues

There can be complexities related to the transfer of property. Often, families try to solve these problems during a crisis. Creating a contingency plan in advance is a far better way of dealing with potential pitfalls. What legal documents are needed when selling my home? What are the tax implications of owning, selling, or transferring property? How should property be deeded? Join our experts on how to avoid common challenges. Location: MRC

Instructor: Kim Evans and Panel of RoadMap for Aging Experts 10:30 AM - NOON FREE VIRTUAL 31460711, IN-PERSON 31460712

#### **The Probate Process**

What do you do when someone passes away? Do you need to open probate? If you are the personal representative or executor of the estate, what will be expected of you? What should you know if you are a beneficiary? We will answer these questions and talk about some of the tools available to you to avoid probate of your estate. Location: MRC

Instructor: Ryan Scott, Law Office of Ryan B. Scott, LLC

	,	,	, ,	
7/19	N	1	10:00 – 11:30 am	\$7/\$5
VIRTUAL	31461011.	IN-PERS	son 31461012	

#### What Are My Living Options as I Age?

What are the differences between 55+ communities, independent living communities and continuing care communities? Choosing a retirement community is not always easy. Plus, there are so many springing up around the area. There are many sizes, prices and amenities to choose from. During this presentation, you will learn the facts about your options in the senior living industry.

Location: MRC

Instructor: Kim Evans and Panel of RoadMap for Aging Experts 10:30 AM - NOON FREE VIRTUAL 31460811, IN-PERSON 31460812

#### **Medicaid and Long-Term Care**

How are you going to pay for long-term care? Given the rising costs, what can you do to preserve your estate and protect your assets? Come learn about care options and common ways of paying for care. We'll discus long-term care insurance available, key elements to consider in evaluating policies and discuss when Medicaid can be part of your planning.

Location: MRC

Instructor: Ryan Scott, Law Office of Ryan B. Scott, LLC 8/16 10:00 - 11:30 AM \$7/\$5 VIRTUAL 31461111, IN-PERSON 31461112

#### **Home Care vs. Assisted Living**

Do you feel that you are not receiving all the benefits that you are owed? Is it possible that you are missing out on benefits that would make your life easier or would save you from paying outof-pocket costs? If that sounds like you, then don't miss this talk. Stuart will share with you benefits that are available and that could make a difference in your lifestyle.

Location: MRC

Instructor: Kim Evans and Panel of RoadMap for Aging Experts Tu 8/24 10:30 AM - NOON VIRTUAL 31461211, IN-PERSON 31461212

MRC = Malley Recreation Center



#### **Peewee Dance**

Ages: 3 – 5 yrs

**ACTIVE KIDS** 

Classes are focused on dance techniques, safety, fun, movement, coordination and self-esteem. Dancers develop the basics of tap, jazz and ballet steps while working on following directions.

Location: ERC

Instructors: Shellee Schwartz – Live, and Linda Elliott – Virtual

#### **Youth Dance**

Ages: 6 – 9 yrs

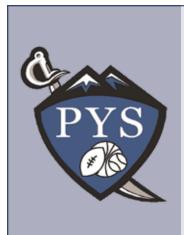
Youth dance classes are designed to help your child become a well-rounded dancer in different styles of dance, including tap, jazz, hip-hop and ballet in a fun and energetic class! Classes focus on dance fundamentals and technique.

Location: ERC

Instructors: Shellee Schwartz - Live, and Linda Elliott - Virtual

				mstracti	ors. Shellee Schwartz	Live, and Lin	aa Emott	VII taat
			ACTIVI	EKIDS				
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee
Peewee Dance	31820111	3 – 5 yrs	6/1 - 6/22	Tu	10:00 - 10:30 AM	ERC	\$15	\$12
	31820112	3 – 5 yrs	7/6 – 7/27	Tu	10:00 - 10:30 AM	ERC	\$15	\$12
	31820113	3 – 5 yrs	6/2 – 6/23	W	3:30 - 4:00 PM	ERC	\$15	\$12
	31820114	3 – 5 yrs	7/7 – 7/28	W	3:30 - 4:00 PM	ERC	\$15	\$12
	31820115	3 – 5 yrs	6/1 – 6/22	Tu	4:00 – 4:30 PM	VIRTUAL	\$15	\$12
	31820116	3 – 5 yrs	7/6 – 7/27	Tu	4:00 – 4:30 PM	VIRTUAL	\$15	\$12
	31820117	3 – 5 yrs	8/10 - 8/31	Tu	4:00 – 4:30 PM	VIRTUAL	\$15	\$12
Youth Dance	31820211	6 – 9 yrs	6/1 - 6/22	Tu	10:35 - 11:20 AM	ERC	\$19	\$15
	31820212	6 – 9 yrs	7/6 – 7/27	Tu	10:35 - 11:20 AM	ERC	\$19	\$15
	31820213	6 – 9 yrs	6/2 – 6/23	W	4:05 – 4:50 PM	ERC	\$19	\$15
	31820214	6 – 9 yrs	7/7 – 7/28	W	4:05 – 4:50 PM	ERC	\$19	\$15
	31820215	6 – 9 yrs	6/1 – 6/22	Tu	4:45 – 5:30 PM	VIRTUAL	\$19	\$15
	31820216	6 – 9 yrs	7/6 – 7/27	Tu	4:45 - 5:30 PM	VIRTUAL	\$19	\$15
	31820217	6 – 9 yrs	8/10 - 8/31	Tu	4:45 - 5:30 PM	VIRTUAL	\$19	\$15

ERC = Englewood Recreation Center



#### **PIRATE YOUTH SPORTS**

Building community, tradition and excellence! Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.

BASEBALL • BASKETBALL • CHEERLEADING • FOOTBALL • FLAG FOOTBALL • LACROSSE • SOFTBALL • VOLLEYBALL • WRESTLING • SOCCER

Join our email list and register for all youth sports programs at pirateyouthsports.com. Contact us at president@pirateyouthsports.com or 303-907-3667. Subject to change due to COVID-19.



# Grishera

#### **Rick Castiglia**

Who would guess Rick Castiglia, cashier at Broken Tee Golf Course, holds the 10x world freestyle champion record? Rick "Casio" Castiglia, a member of the Coloradicals freestyle team, is world-renowned for introducing Freestyle Frisbee. What is Freestyle Frisbee? It's one part dance, one part

extreme sport and one part juggling. Freestyle Frisbee includes both throws and catches, but with a significant twist: stylized throws, complex body movements by a receiver and trick catches.

With a little observation, the first thing one might notice is that the players are balancing a spinning disc on their fingernails. This is called the "nail delay," the core of mainstream Freestyle Frisbee, that allows players to keep the disc moving for much longer than if they were just throwing, tipping and catching.

Rick, internationally known for his creative process and ability to discern subtleties, is one of the greatest players of all time. Next time you're at Broken Tee, maybe he'll show you a few tricks!



#### **Michael Harwerth**

Meet Michael Harwerth, operations coordinator at Broken Tee. Michael has a passion and talent for West Coast Swing Dancing. He might not live on the West Coast, but he is "dancing his dream" in Denver's booming dancing venues. West Coast Swing Dancing, stemming from the Lindy Hop, creates

room for improvisation and interaction between partners with a combination of street dance characteristics.

For nearly a decade, Michael has been West Coast Swing Dancing for fun as well as competing around the states. Inspired by visiting local country bars in Austin hosting West Coast Swing Dancing events, Michael was drawn to the music and dance. His favorite part of this dance is that any type of music will work! Simply, he can West Coast Swing Dance anywhere there's a beat.

Before Covid-19, Michael and his dance partner could often be found working on their dance moves, and they hope to continue to do so once clubs reopen. He also appreciates the opportunity to step in and teach around the metro area. Looking for a dance lesson? Stop by Broken Tee first for a recommendation!

#### **MARTY GRIMS WILL BE MISSED!**



Marty Grims, a landmark at the Malley Recreation Center, will be moving on to his second retirement! With a strong interest in and enthusiasm for health and fitness, he started a new career as a personal trainer at Malley. He decided to work with seniors to help them improve their health and lifestyle. As a personal trainer for over 16 years, Marty has taught his

clients to adapt positive habits that will benefit them for the rest of their lives. Seeing people "week in and week out" has made exercise an integral part of his daily routine. "My goal is making exercise fun and something that can be available to everyone, regardless of age or physical condition."

What will he miss most? The most rewarding thing has been all of the friendships and personal connections that he has made over the years. Teaching someone a fitness routine and then watching them experience the rewards has been extremely satisfying. Marty still remembers people from his very first day

at Malley. One of the most amazing things about Malley is that there is an endless flow of great people coming through the doors every day. "I tell my friends and family that I get to work with the best people!"

Marty's "words of wisdom" include encouraging guests to try a small amount of daily activity – that can make a huge difference in your quality of life. Stay active and find something that you enjoy that challenges you a little bit each day. It will pay off in both your physical and mental health.

Looking forward, Marty hopes to get outdoors more to go hiking, biking, snowshoeing, fishing and camping. He's also hoping to learn to bake and find some volunteer opportunities within the community.

"I have always felt that while working at Malley, I have received much more than I have given in the way of kindness and good will. Malley is truly a welcoming community and I feel privileged to have been a small part of what makes the Center such a special place." We love that!



#### **Adult Athletic Leagues**

Adult Athletic league registration, schedules and standings: www.teamsideline.com/englewoodrec

MEN'S AND WOMEN'S ADULT ATHLETIC LEAGUES							
SPORT	SEASON	REGISTRATION	LEAGUES BEGIN	FEES	FORMAT	OFFERINGS	
Volleyball -	Fall	July 12 – Aug 27	Sept 7	- \$22E/toam	10 Games + Single	Tuesday Coed, Wednesday Women's,	
volleyball	Winter	Oct 25 – Dec 20	Jan 11, 2022		Elimination Playoff	Thursday Men's	
	Spring	Early Feb	Mid-March	_			
Basketball —	Summer	May 3 – July 2	July 11	\$460/team	8 Games + Single Elimination Playoff	Sunday Men's Comp, Sunday Men's Rec, Monday Men's Open	
DasketDatt	Fall	Aug 2 – Sept 24	Oct 3				
	Winter	Nov 1 – Jan 3	Jan 9, 2022				
Coffball	Summer	March 16 – May 1	May 20	\$610/team	10 Games + Single	Thursday Men's	
Softball Fall		June 28 – July 31	Aug 12	\$510/team	Elimination Playoff	Competitive and Recreational	
Fast Pitch	Summer	March 16 – May 1	May 14	\$660/team	8 Games + Single Elimination Playoff	Thursday Men's	

Don't have a team or need a few more players to complete your team? Go to www.teamsideline.com/englewoodrec to be added to the Free Agent List. If you have any questions regarding team registration, please call Sara Stant at 303-762-2694 or email sstant@englewoodco.gov.

## **Skyhawks Sports Camps** Teaching life skills through sports

Week-long sports camps, three hours each day in our Englewood Parks for 4-14 years. Camps include Basketball, Volleyball and a Multi Sport camp. For more information visit www.skyhawks.com.

**SuperTots** Camps is perfect for 2-5 year olds. These camps will meet one week for 50 minutes each day in our parks. Children will learn the basics of baseball, basketball, football or soccer. For more information visit www.supertotsports.com.



#### **Tennis Lessons at Romans Park**

Lessons will be offered at our newly refurbished courts at Romans Park, 1800 E. Floyd Ave. Information will be posted at englewoodco.gov/register and click the "Athletics" tab.

Time to pick up your racquet and try one of our tennis lessons for youths and adults. Our instructors will provide a wide range of skills to improve your game!



## Pickleball Lessons

Are you interested in learning pickleball? Join us for our pickleball lessons perfect for all ages. Learn more at englewoodco.gov/register under the "Athletics" tab.

## telo Summer!

#### Need some summer ideas to help meet your health and fitness goals? We've got you covered!

Try a new class! We have dozens of fitness and movement classes for all ages and abilities, such as Pilates, Yoga, Fit Body Express or Zumba, to name a few. Did you know we also offer personal training? It's a great way to jump-start or revisit your goals.

We've been working hard to make sure our fitness schedule offers classes that provide cardio, strength training, flexibility, endurance, core strength and stretching benefits. These

classes, as well as our cardio and weight equipment, will support your fitness and recreation goals.

These classes are just a sampling of what we offer! Please visit our website and Facebook page for an entire list of classes.

Colorado summers are perfect for getting outside, enjoying our parks, trails and open spaces. And, try one of our live outside classes for a breath of fresh air.

## Englewood's Premier 4-Step Pilates Program

Our 4-Step Pilates Program uses exercises with controlled movement to improve flexibility, build strength, and develop control and endurance within the entire body. Throughout the class, the priority is to promote alignment and breathing to develop a strong core that will improve coordination and balance. The body's core, which consists of the muscles of the abdomen, lower back and hips, is thought to be the key to a person's stability.

## Fit Body Express

A high-intensity endurance-based workout. Shed fat, define muscle, transform the look of your entire physique and dramatically enhance your overall health and athletic performance. If you are looking for results and are willing to put in the effort – this class is for you!

#### Zumba

Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. Rhythms in this class will tone and sculpt your body.

## Yoga

Yoga has demonstrated physical and mental benefits for all ages. Modern yoga is a physical activity consisting largely of comfortable seating postures (asanas) and moving through standing poses and postures. Vinyasa, referred to as "flow" yoga, is characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

## **Personal Training**

Get inspired, boost your confidence and accomplish your goals. Personal training is offered in cardio, strength training, yoga or Pilates. Work solo with a trainer or in a small group.

#### **Barre Sculpt**

Use the ballet barre, light weights, isometric exercises and your body's balance to firm, lengthen, lift and sculpt graceful arms, thighs, abs and glutes. This technique is gentle on the joints, but gives powerful results.



#### **GUEST SPEAKER SERIES**

Lost Lodges of Rocky Wednesday, June 2, 10:30 AM Dave Lively, Dave Lively Tours and Talks Virtual or In-Person, Tickets \$6

Do you know there once were more than 30 lodges in Rocky Mountain National Park? Envision large resorts with elk and moose grazing in pristine meadows. We will explore the transitions in lodging for visitors to the Park through a search for balance between wilderness and hospitality that is unique to America's first automobile-based national park.

Denver history virtual or in-person tours you don't want to miss! Presented by Kevin Snow with Denver History Tours. Tickets \$6.

#### **Historical Amusements in Denver**

Wednesday, June 23, 1:00 – 2:00 PM

Denverites have long had a yearning for getting out and having fun. Whether we're talking about racetracks, amusement parks, "mountain" beaches or vacant lots, we have found a way to party! Join our guest speaker for an exploration of the festive venues of the past as well as the present. Experience the thrills, chills and bombastic spills of Denver's hunt for adrenaline!

#### **Art, Denver Style**

Wednesday, July 28, 1:00 - 2:00 PM

Come see the inspirational, fanciful and just plain strange world of art in our Denver neighborhoods! We will explore outdoor art and some hidden gems, starting with the Santa Fe Art District. Watch closely for amazing artwork outside the sacred halls of the Denver Art Museum, outside old garages and industrial spaces turned galleries. View the one and only Denver style of art during this presentation.

#### **Campus Life**

Wednesday, August 18, 1:00 - 2:00 PM

There's more to the Denver area collegiate life than an alphabet soup of BAs, BSs and PhDs! Join Denver History Tours for an exploration of metro area university campuses, both large and small, public and private. With breathtaking buildings and significant events reflecting the trends of the years, it's time to learn the history of these landmarks. You won't have to pull an all-nighter for this one.

#### Malley Appreciation Ice Cream Social - FREE! Wednesday, August 11, 2:00 - 3:00 PM

Come celebrate the Malley Recreation Center on a hot summer day! Enjoy a delicious ice cream sundae with sprinkles, syrups and whipped cream. Sign up at the Malley front desk to attend. We hope you can celebrate with us! Sponsored in part by: Bright Health Care.

## Englewood Drive-Thru Eggstravaganza

Thank you to our sponsors and community partners who made this event possible for everyone to enjoy safely!

**Developmental Pathways**www.dpcolo.org

Josh Romain (fairwayindependentmc com/Joshua-T-Romaine) & Adam Devereaux (www.facebook.com/

Rehabilitative Rhythms
PossibleWithMusic.org

**South Platte Renew** Southplatterenewco.gov

**Texas Roadhouse** TexasRoadhouse.com

> **Brewablility** brew-ability.com

**Frame de Art** framedeart.com

Kids Tooth Doc www.kidstoothdoc.com, locations/englewood/

**Dunkin' Donuts** www.dunkindonuts.com

Andy's Frozen Custard locations.eatandys.com/ ll/US/CO/Sheridan/3505-River-Point-Pkwy

**Girl Scouts** girlscoutsofcolorado.org

**Feel the Beat** feelthebeat.dance

## CITY OF ENGLEWOOD DEPARTMENTS:

- Parks, Recreation Library, Golf and Pirates Cove
- South Platte Renew
- Fire Marshall
- Human Resources
- Code Enforcement

















#### **Drop-In Rates**

**Daily Group Fitness / Yoga Pass** \$10/\$8 Drop-in not available for Pilates Reformer, Tai Chi for Balance or Group Personal Training Classes.

#### **ERC Fitness Orientation**

Ages: 13 yrs +

Learn to correctly operate the Technogym weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to ensure your place in class. This orientation is a prerequisite for all 13- and 14-year-olds wishing to utilize the weight and cardiovascular areas within the Recreation Center. *Location: ERC* 

6/12	Sa	9:00 - 10:15 AM	FREE	32253511
7/15	Th	5:30 - 6:45 PM	FREE	32253512
8/4	W	6:00 - 7:15 PM	FREE	32253513

#### **Personal Training**

Get inspired, boost your confidence and accomplish your goals!

The benefits of working with a personal trainer include:

- Individualized fitness program specifically designed for you
- Efficient workout program with innovative ways to improve your health
- Professional assistance in improving strength, flexibility, posture, endurance, balance, coordination and cardiovascular health
- Instruction on correct form and technique for cardiovascular exercise and strength training

To schedule an appointment, please call our Personal Training line at 303-762-2678.

	Sessions	Fee	Res Fee
Private	3	\$154	\$123
60-minute	6	\$278	\$222
sessions	10	\$425	\$340
Private	3	\$109	\$87
30-minute	6	\$210	\$168
sessions	10	\$325	\$260

Small group sessions of 2–3 people are available. Please call the Personal Training line for pricing. *Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance will result in loss of the session.* 

Pilates Reformer and Yoga Personal Training available. See page 52 for more information and rates.

#### **Nutrition Counseling**

The registered dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women's health issues and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

#### THE ZONE AT ERC CLASS SCHEDULE

DAY	TIME	CLASS
М	6:00 рм	Ultimate Fitness
Tu	10:00 ам	FUNctional FITness
W	6:00 рм	Burn and Build
Th	10:00 AM	Balance, Core and More
Sa	9:00 ам	Ultimate Fitness



Classes now in session! Only \$10 per class!

Join Tetro Performance and their certified coaches for a variety of challenging and motivational classes. Be sure to check the front desk or visit **TetroPerformance.com/blog** for class times and descriptions.



#### **ADULT FITNESS** (continued)

Currently, all movement and fitness classes are held live and virtually. Please register for the instruction type you would like and select the corresponding activity number. The class activity number listed in the guide is only for one type of instruction, so when you register, be sure to confirm your instruction type. Thank you in advance!

#### **Body Weight Boot Camp**

Ages: 13 yrs +

**ADULT FITNESS** 

Fire up your metabolism and burn calories. Use your own body weight to create resistance, and to improve strength and endurance.

Location: ERC Instructor: Libby Butler

#### Zumba

Ages: 13 yrs +

Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. Rhythms in this class will tone and sculpt your body.

Location: ERC Instructor: Lisa Pope

#### **Pop Pilates**

Ages: 13 yrs +

A total body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.

Location: ERC Instructor: Lisa Pope

#### **NEW** Move It or Lose It

Ages: 13 yrs +

Sweat, smile and start the day out right with this early morning movement-based class, a high-energy cardiovascular workout designed to keep your body moving and your heart rate up.

Location: ERC Instructor: Kyle Shisler

#### **Indoor Cycling**

Ages: 13 yrs +

Optimum fat burning awaits you on this journey which will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment setup and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

Location: ERC Instructors: Erica Krier (W), Libby Butler (Th)

#### **Essentrics**

Ages: 13 yrs +

A low-impact, moving and stretching class with a full-body workout. It is a combination of yoga, Pilates, tai chi and ballet to help you stay flexible and less stiff. Great for athletes seeking an increase in range of motion and an increase in speed and agility.

Location: VIRTUAL Instructor: Paulette Fara-Schembri

#### **NEW** Midday Reset

Ages: 13 yrs +

Take a mindful break from your day and unwind tight muscles with a stretch that can be done with no equipment in a small space. Class is for all levels.

Location: ERC Instructor: Kyle Shisler

#### **Zumba Toning**

Ages: 13 yrs +

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Dance to great Latin music while toning arms, legs and core... and have fun!

Location: ERC Instructor: Lisa Pope

#### **Fit Body Express**

Ages: 13 yrs +

A high-intensity endurance-based workout. Shed fat, define muscle, transform the look of your entire physique and dramatically enhance your overall health and athletic performance. If you are looking for results and are willing to put in the effort – this class is for you!

Location: ERC Instructor: Libby Butler

#### **Barre Sculpt**

Ages: 13 yrs +

Use the ballet barre, light weights, isometric exercises and your body's balance to firm, lengthen, lift and sculpt graceful arms, thighs, abs and glutes. It's gentle on the joints but gives powerful results.

Location: BATES Instructor: Stacy Lochowicz

#### **NEW** Muscle Gaining Functional Training

Ages: 13 yrs +

Focus on building strength and endurance to improve your everyday life by utilizing body weight, dumbbells and resistance bands in this class for all fitness levels.

Location: ERC Instructor: Kyle Shisler

#### **Fitness Fusion**

Ages: 13 yrs +

Get the ideal workout with a mix of strength, endurance, balance, coordination, flexibility, power and core stability. TRX Suspension Trainer straps will be incorporated into the workout. Virtual students will need their own straps at home. Straps will be available at ERC.

Location: ERC Instructor: Libby Butler

#### **Pop Pilates**

Ages: 13 yrs +

A total-body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.

Location: ERC Instructor: Lisa Pope

ERC = Englewood Recreation Center, MRC = Malley Recreation Center, BATES = Bates/Logan Park

STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 23.

ADULT FITNESS									
Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee		
★ Body Weight Boot Camp	32250411	6/7 - 6/28	М	5:25 – 6:25 РМ	ERC	\$22	\$17		
	32250412	7/5 – 7/26	М	5:25 – 6:25 PM	ERC	\$22	\$17		
	32250413	8/2 – 8/23	М	5:25 – 6:25 PM	ERC	\$22	\$17		
<b>★</b> Zumba	32250911	6/7 - 6/28	М	6:35 – 7:35 PM	ERC	\$22	\$17		
	32250912	7/5 – 7/26	М	6:35 – 7:35 PM	ERC	\$22	\$17		
	32250913	8/2 – 8/23	М	6:35 – 7:35 рм	ERC	\$22	\$17		
★ Pop Pilates	32251111	6/1 – 6/29	Tu	5:30 - 6:30 PM	ERC	\$26	\$21		
	32251112	7/6 – 7/27	Tu	5:30 - 6:30 PM	ERC	\$22	\$17		
	32251113	8/3 – 8/24	Tu	5:30 – 6:30 рм	ERC	\$22	\$17		
NEW Move It or Lose It	32251211	6/1 - 6/29	Tu	6:30 - 7:30 AM	ERC	\$26	\$22		
	32251212	7/6 – 7/27	Tu	6:30 - 7:30 AM	ERC	\$22	\$17		
	32251213	8/3 – 8/24	Tu	6:30 – 7:30 ам	ERC	\$22	\$17		
★ Indoor Cycling	32250321	6/2 – 6/30	W	5:30 – 6:30 рм	ERC	\$26	\$21		
	32250322	7/7 – 7/28	W	5:30 – 6:30 рм	ERC	\$22	\$17		
	32250323	8/4 – 8/25	W	5:30 – 6:30 рм	ERC	\$22	\$17		
★ Essentrics	32251411	6/2 – 6/30	W	6:00 – 7:00 рм	VIRTUAL	\$38	\$27		
	32251412	7/7 – 7/28	W	6:00 – 7:00 рм	VIRTUAL	\$38	\$27		
	32251413	8/4 – 8/25	W	6:00 – 7:00 рм	VIRTUAL	\$26	\$22		
NEW Midday Reset	32251511	6/2 – 6/30	W	12:10 – 12:40 РМ	ERC	\$11	\$9		
	32251512	7/7 – 7/28	W	12:10 – 12:40 РМ	ERC	\$11	\$9		
	32251513	8/4 – 8/25	W	12:10 – 12:40 РМ	ERC	\$11	\$9		
★ Zumba Toning	32251611	6/2 – 6/30	W	5:30 – 6:30 рм	ERC	\$26	\$21		
	32251612	7/7 – 7/28	W	5:30 – 6:30 рм	ERC	\$22	\$17		
	32251613	8/4 – 8/25	W	5:30 – 6:30 рм	ERC	\$22	\$17		
★ Indoor Cycling	32250331	6/3 – 6/24	Th	6:35 – 7:35 рм	ERC	\$22	\$17		
	32250332	7/1 – 7/29	Th	6:35 – 7:35 рм	ERC	\$26	\$21		
	32250333	8/5 – 8/26	Th	6:35 – 7:35 рм	ERC	\$22	\$17		
★ Fit Body Express	32250811	6/3 – 6/24	Th	5:45 – 6:30 рм	ERC	\$22	\$17		
	32250812	7/1 – 7/29	Th	5:45 – 6:30 рм	ERC	\$26	\$21		
	32250813	8/5 – 8/26	Th	5:45 – 6:30 рм	ERC	\$22	\$17		
Barre Sculpt	32251011	6/3 – 6/24	Th	9:00 – 9:45 ам	BATES	\$37	\$30		
	32251012	7/1 – 7/29	Th	9:00 – 9:45 ам	BATES	\$37	\$46		
	32251013	8/5 – 8/26	Th	9:00 – 9:45 ам	BATES	\$37	\$30		
NEW Muscle Gaining	32251311	6/3 – 6/24	Th	6:30 - 7:30 AM	ERC	\$22	\$17		
Functional Training	32251312	7/1 – 7/29	Th	6:30 - 7:30 AM	ERC	\$22	\$17		
	32251313	8/5 – 8/26	Th	6:30 – 7:30 ам	ERC	\$22	\$17		
★ Fitness Fusion	32250611	6/5 - 6/26	Sa	9:10 - 10:10 AM	ERC	\$22	\$17		
	32250612	7/3 - 7/31	Sa	9:10 - 10:10 AM	ERC	\$26	\$21		
	32250613	8/7 - 8/28	Sa	9:10 - 10:10 AM	ERC	\$22	\$17		
★ Pop Pilates	32251121	6/5 – 6/26	Sa	8:05 – 9:00 AM	ERC	\$22	\$17		
	32251122	7/3 - 7/31	Sa	8:05 – 9:00 AM	ERC	\$26	\$21		
	32251123	8/7 – 8/28	Sa	8:05 – 9:00 AM	ERC	\$22	\$17		



Currently, all movement and fitness classes are held live and virtually. Please register for the instruction type you would like and select the corresponding activity number. The class activity number listed in the guide is only for one type of instruction, so when you register, be sure to confirm your instruction type. Thank you in advance!

#### **Malley Fitness Orientation**

Ages: 55 yrs +

If you are new to the Malley Fitness Center, we suggest attending an orientation. Learn weight room safety, etiquette and receive an introduction to equipment adjustment and proper exercise techniques. This is not a weight training class.

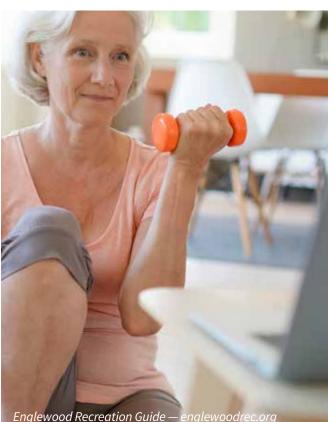
Loc	ation: MRC		Instru	ctor: Cathy Rupert
6/7	М	11:00 AM - NOON	FREE	32263511
7/7	M	4:00 - 5:00 PM	FREE	32263512
8/2	М	11:00 AM - NOON	FREE	32263513

#### **Fitness Club**

Ages: 55 yrs +

Improve your level of fitness with low-impact aerobics and flexibility training, followed by strengthening exercises. SilverSneakers welcome.

Location: VIRTUAL Instructor: Stacy Lochowicz



#### SilverSneakers Classic

Ages: 55 yrs +

Increase strength and range of movement. Handheld weights, elastic tubing with handles, and a ball will be used. A chair is used for support. Class is open to all.

Location: VIRTUAL Instructor: Stacy Lochowicz

#### **Total Body Fitness**

Ages: 55 yrs +

Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance and range of motion in both the upper and lower body. SilverSneakers welcome.

Location: VIRTUAL Instructor: Doug Smith

#### **Step Smart**

Ages: 55 yrs +

Focus on walking basics through motion and body awareness. Students learn to improve their gait, posture and balance in a safe and fun community atmosphere. Liz is B.Sc., Certified Exercise Physiologist and International Masters USATF Race Walker.

Location: ERC Instructor: Liz Shepard

#### Parkinson's, MS & More Fitness

Ages: 55 yrs +

This class incorporates exercises targeting deficits specific to people with Parkinson's Disease or Multiple Sclerosis, stroke recovery or movement disorders by emphasizing strength, balance and flexibility movement that targets dexterity, rigidity, akinesia, bradykinesia, postural stability, cognition and gait. The class includes a head-to-toe seated warmup, followed by unique standing exercises and routines. Participants who use a walker or wheelchair are required to have a caregiver or driver with them during the class. This class is continuous and new participants can join at any time.

Location: ERC Instructor: Liz Shepard

Wellness Insurance Programs = =

ERC = Englewood Recreation Center, MRC = Malley Recreation Center

STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 23.

ACTIVE ADULT FITNESS									
Class	Activity #	Dates	Days	Time	Location	Fee	Res F		
★ Fitness Club	32260111	6/2 – 6/30	M, W	9:00 – 10:00 AM	VIRTUAL	\$30	\$24		
	32260112	7/5 – 7/28	M, W	9:00 – 10:00 AM	VIRTUAL	\$25	\$20		
	32260113	8/2 – 8/30	M, W	9:00 – 10:00 ам	VIRTUAL	\$30	\$24		
★ SilverSneakers Classic 🖃	32261011	6/2 – 6/30	M, W	10:15 - 11:15 AM	VIRTUAL	\$30	\$24		
	32261012	7/5 – 7/28	M, W	10:15 - 11:15 AM	VIRTUAL	\$26	\$21		
	32261013	8/2 – 8/30	M, W	10:15 - 11:15 AM	VIRTUAL	\$30	\$24		
★ Total Body Fitness 🖃	32260511	6/1 – 6/29	Tu, Th	9:00 – 10:00 AM	VIRTUAL	\$34	\$27		
	32260512	7/1 – 7/29	Tu, Th	8:30 - 9:30 am	VIRTUAL	\$34	\$27		
	32260513	8/3 – 8/31	Tu, Th	9:00 – 10:00 ам	VIRTUAL	\$34	\$27		
Step Smart	32260311	6/1 – 6/29	Tu	9:00 - 9:45 AM	ERC	\$16	\$13		
	32260312	7/6 – 7/27	Tu	9:00 – 9:45 am	ERC	\$16	\$13		
	32260313	8/3 – 8/24	Tu	9:00 – 9:45 am	ERC	\$16	\$13		
Parkinson's, MS	32260921	6/3 – 6/24	Th	1:00 - 2:00 PM	ERC	\$17	\$14		
& More Fitness	32260922	7/1 – 7/29	Th	1:00 - 2:00 PM	ERC	\$22	\$18		
	32260923	8/5 – 8/26	Th	1:00 - 2:00 PM	ERC	\$17	\$14		
an and an	32260911	6/5 – 6/26	Sa	10:45 AM - NOON	VIRTUAL	\$17	\$14		
in the second	32260912	7/3 – 7/31	Sa	10:45 AM – NOON	VIRTUAL	\$22	\$18		
-	32260913	8/7 – 8/28	Sa	10:30 – 11:45 ам	VIRTUAL	\$17	\$14		



## **NOW OPEN!**

Hours: 8:00 AM - 5:00 PM

Located at the Malley Recreation Center, stop in and check out what all the BUZZ is about!

Discover information and resources about transportation, finances, healthcare, senior services, insurance, volunteering, caregiving, housing and recreation.

Call **303-762-2660** for more information or for an appointment.







#### **GENTLE YOGA AND TAI CHI**

#### **Tai Chi for Better Balance**

Ages: 55 yrs +

Improve your balance while enhancing your agility and coordination with tai chi-based movements. The class format and design have been acknowledged as one of the few evidence-based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.

Location: MRC Instructor: Patty Vogt

#### Gentle Yoga

Ages: 55 yrs +

Let go of stress through a full spectrum of gentle standing, seated and floor poses. Practice with your body. Get detailed explanations of the poses, with time to listen to your body and focus on your alignment in each pose. Focus more on the breath and practice breath work (pranayama). Finish your practice in Savasana with guided relaxation.

Location: VIRTUAL

Instructor: Erin Mathiason

#### **Light Yoga**

Ages: 55 yrs +

For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor. SilverSneakers welcome.

Location: VIRTUAL Instructor: Barbara Meadows

#### **Seated Yoga**

Ages: 55 yrs +

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Location: VIRTUAL Instructor: Sky Headland

#### **ACTIVE YOGA AND TAI CHI**

#### **Tai Chi Yoga Fusion**

Ages: 16 yrs +

Blending the best of both ancient arts, your practice will be filled with gentle, fluid movements, stretches and peaceful poses. Gain physical strength and flexibility, increased energy, inner quietness and more.

Location: VIRTUAL Instructor: Erin Mathiason

#### **Foundations Yoga**

Ages: 13 yrs +

Learn the basic yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous yoga experience.

Location: ERC Instructor: Roseanna Frechette

#### **Hatha Yoga**

Ages: 16 yrs +

Increase flexibility, build strength, calm the mind and open the heart with hatha yoga. Hatha yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome to attend; this is an all-levels class.

Location: VIRTUAL Instructor: Erin Mathiason

#### **Core Yoga**

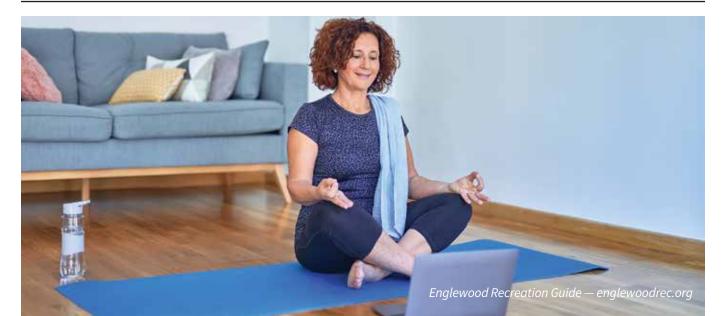
Ages: 13 yrs +

Improve flexibility, balance and strength, especially in the core to protect the back. Modifications and props available. Appropriate for beginner to intermediate.

Location: VIRTUAL Instructor: Stephanie Turner

GENTLE YOGA & TAI CHI										
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee			
Beginning Tai Chi for Better Balance	32255311	6/1 – 8/5	Tu, Th	2:30 – 3:30 РМ	MRC	\$94	\$75			
Advanced Tai Chi for Better Balance	32255411	6/1 – 8/5	Tu, Th	1:30 – 2:30 РМ	MRC	\$94	\$75			
Gentle Yoga 🗐	32258511	6/1 – 6/29	Tu	10:30 - 11:45 AM	VIRTUAL	\$40	\$31			
	32258512	7/6 – 7/27	Tu	10:30 - 11:45 AM	VIRTUAL	\$31	\$25			
	32258513	8/3 - 8/31	Tu	10:30 – 11:45 ам	VIRTUAL	\$40	\$31			
Light Yoga 🗐	32258211	6/1 – 6/29	Tu, F	8:45 – 10:00 AM	VIRTUAL	\$49	\$40			
	32258212	7/2 – 7/30	Tu, F	8:45 – 10:00 AM	VIRTUAL	\$49	\$40			
	32258213	8/3 - 8/31	Tu, F	8:45 – 10:00 AM	VIRTUAL	\$49	\$40			
Seated Yoga 🗐	32258311	6/1 - 6/29	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$48	\$39			
	32258312	7/1 - 7/29	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$48	\$39			
	32258313	8/3 - 8/31	Tu, Th	10:00 – 11:00 AM	VIRTUAL	\$48	\$39			

ACTIVE YOGA & TAI CHI									
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee		
Tai Chi Yoga Fusion	32255511	6/7 - 6/28	М	4:00 – 5:00 PM	VIRTUAL	\$31	\$25		
	32255512	7/5 - 7/26	М	4:00 – 5:00 PM	VIRTUAL	\$31	\$25		
	32255513	8/2 - 8/30	М	4:00 – 5:00 PM	VIRTUAL	\$40	\$31		
Foundations Yoga	32256211	6/1 – 6/29	Tu	5:45 – 7:00 РМ	ERC	\$42	\$33		
	32256212	7/6 – 7/27	Tu	5:45 – 7:00 РМ	ERC	\$34	\$27		
	32256213	8/3 - 8/24	Tu	5:45 – 7:00 РМ	ERC	\$34	\$27		
Hatha Yoga	32256911	6/2 - 6/30	W	4:00 – 5:00 PM	VIRTUAL	\$42	\$33		
	32256912	7/7 - 7/28	W	4:00 – 5:00 PM	VIRTUAL	\$34	\$27		
	32256913	8/4 - 8/25	W	4:00 – 5:00 PM	VIRTUAL	\$34	\$27		
Core Yoga	32257111	6/5 - 6/26	Sa	9:00 – 10:00 AM	VIRTUAL	\$34	\$27		
	32257112	7/3 - 7/31	Sa	9:15 - 10:30 AM	VIRTUAL	\$42	\$33		
	32257113	8/7 – 8/28	Sa	9:15 - 10:30 AM	VIRTUAL	\$34	\$27		







Pilates exercises with controlled movement, improves flexibility, builds strength, and develops control and endurance within the entire body. Throughout the class, the priority is to promote alignment and breathing to develop a strong core, which will help improve coordination and balance. The core, which consists of the muscles of the abdomen, lower back and hips, often called the "powerhouse," is thought to be the key to a person's stability. Our program provides safe modifications that range from beginning to advanced, specific to the participant's goals or limitations.

Our 4-Step Pilates Program takes you from an initial orientation to an advanced level for an additional challenge. This new program will provide a safe, enjoyable, challenging workout for both the new and experienced Pilates participants.

#### **ENGLEWOOD'S PREMIER 4-STEP PILATES PROGRAM**

#### **STEP ONE: Essential Pilates Orientation**

Ages: 16 yrs +

Explore Pilates! Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. Learn the history and how the Reformer works. Exercises are low impact and may be adapted for individuals of any fitness level. When completed, your instructor will determine which step will be best for you based on your level. Please register in advance. Once complete, the fee from this class will be applied toward the appropriate next Step in the process.

Location: MRC

#### **PILATES PERSONAL TRAINING**

Pilates is the perfect exercise for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes looking to improve performance and individuals in post-rehab following an injury. Each session is 60 minutes.

To schedule, call 303-762-2678 and leave a message requesting either Reformer or mat instruction. Your call will be returned within two business days. Yoga personal training is also available.

PRIVATE: ONE-ON-ONE								
	Fee	Res. Fee						
1 Session	\$59	\$47						
3 Sessions	\$163	\$130						
6 Sessions	\$300	\$240						

Small group sessions for 2–3 people are available. Please call Personal Training Line for pricing. **Note:** No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.

#### **STEP TWO: Pilates Reformer Principals**

Ages: 16 yrs +

In these two private sessions, learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into the Beginning Pilates Reformer class, and as an extra benefit, receive a \$10 discount coupon on future classes. Call 303-762-2678 to schedule your first private session.

Location: MRC

#### **STEP THREE: Beginning Pilates Reformer**

Ages: 16 yrs +

Beginning Pilates Reformer will start you on your Pilates road to success. It is designed for those who have taken at least two sessions of Pilates Reformer Principals or have instructor's permission. *Location: MRC* 

#### **STEP FOUR: Continuing Pilates Reformer**

Ages: 16 yrs +

Build upon your skills to learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer classes or with instructor's permission. *Location: MRC* 



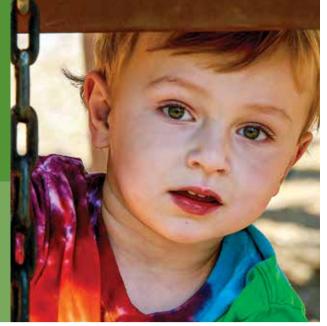
PILATES									
Class	Activity#	Dates	Days	Time	Instructor	Location	Fee	Res Fee	
STEP ONE	32254111	6/2	W	6:05 – 7:05 РМ	Michael M.	MRC	Ş	510	
Essential Pilates Orientation	32254112	6/28	М	6:05 – 7:05 PM	Michael M.	MRC	:	\$10	
	32254113	8/2	М	6:05 – 7:05 РМ	Michael M.	MRC	:	\$10	
STEP TWO Pilates Reformer Principals	32254211	6/1 - 8/31	M – F	8:00 AM – 7:00 PM (Call to schedule)	Michael M.	MRC	\$86	\$69	
STEP THREE	32254311	6/2 – 6/30	W	5:00 - 6:00 PM	Michael M.	MRC	\$80	\$64	
Beginning Pilates Reformer	32254312	7/7 – 7/28	W	5:00 – 6:00 РМ	Michael M.	MRC	\$64	\$51	
	32254313	8/4 – 8/25	W	5:00 - 6:00 PM	Michael M.	MRC	\$64	\$51	
STEP FOUR	32254411	6/7 – 6/28	М	11:00 AM - NOON	Michael M.	MRC	\$64	\$51	
Continuing Pilates Reformer	32254412	7/5 – 7/26	М	11:00 AM - NOON	Michael M.	MRC	\$64	\$51	
	32254413	8/2 – 8/30	М	11:00 AM - NOON	Michael M.	MRC	\$80	\$64	
	32254421	6/3 – 6/24	Th	11:00 AM - NOON	Michael M.	MRC	\$64	\$51	
	32254422	7/1 – 7/29	Th	11:00 AM - NOON	Michael M.	MRC	\$80	\$64	
	32254423	8/5 – 8/26	Th	11:00 AM - NOON	Michael M.	MRC	\$64	\$51	
	32254431	6/7 – 6/28	М	5:00 – 6:00 РМ	Michael M.	MRC	\$64	\$51	
	32254432	7/5 – 7/26	М	5:00 – 6:00 РМ	Michael M.	MRC	\$64	\$51	
	32254433	8/2 - 8/30	М	5:00 – 6:00 РМ	Michael M.	MRC	\$80	\$64	



Looking for some fun, new activities for your kiddos?

## WE'VE GOT YOU COVERED!

Whether your children are at home, online or at school learning, it's important to keep them engaged in fun, new activities. Check out our toddler, child and youth classes today as well as our amazing outdoor play spaces. While these are challenging times for all of us, remember to laugh, play, get out and try something new!



ENINE THURSDAY

#### Movement, Dance, Cheer, Tumbling

For toddlers through youth, we're offering fun, virtual movement classes to keep your kids active while they have fun learning something new. Our dance and movement classes are designed to introduce your child to different styles of dance including tap, jazz, hip-hop and ballet. Check out our new cheer program to enhance balance, agility and movement memory.



#### **Family Aquatics**

We invite you and your family to try the new aquatics program which includes a more personal setting for learning a new skill. The lessons will look a bit different, including in-the-water help from a family member/additional adult.



## Parks, Trails and Greenways

The City of Englewood's parks and open spaces host over 244 acres of fun. With our sunny Colorado weather, you can play in our outdoor amenities nearly year-round. Most of our parks have engaging play equipment for a wide range of ages and abilities. Plus, Englewood has over twenty miles of bike paths that connect to regional trail systems.



REMEMBER, if you have a credit, don't let it go to waste.

Use it for a swim or dance lesson, reserve a lap lane (adults only) or get in a workout.



#### **KidConnections Summer Camp**

#### General Information:

- KidConnections Day Camp sessions are held 6/1 8/13, M F, 7:00 AM 6:00 PM.
- KidConnections Day Camps are a fully licensed day care by the State of Colorado, Department of Human Services, for children 5 years old (who have completed kindergarten) through 14 years old.
- Camp is held at the Englewood Recreation Center.
- Participants must bring their own lunch, snacks and water bottles every day of attendance.
- Camper T-shirts are included with registration.

Check out our website for more information and to register your child: englewoodco.gov/summercamp.

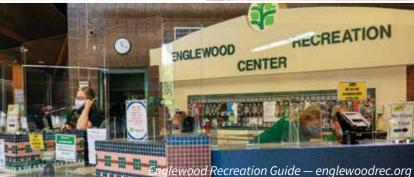
## WE'RE COMMITTED TO KEEPING YOU SAFE AND HEALTHY!

Our goal continues to be providing fun and engaging recreation, fitness and enrichment programs to all members of our community. Thanks to our committed staff and leadership, the Englewood Parks, Recreation, Library and Golf Department has implemented numerous guidelines for all guests that help keep our Englewood community safe.









AT A GLANCE	BASEBAI	BASKETE	MULTI-U	OFF-LEA	OPEN SP	PAVILION	PICKLEB	PLAYGRO	RESTRO	SKATE PA	TENNISC
BAKER PARK 2200 W. Wesley Ave.					<b>/</b>	<b>/</b>		<b>/</b>	<b>/</b>		
BARDE PARK 3150 S. Downing St.					/						
BATES/LOGAN PARK 2938 S. Logan St.		<b>/</b>	/			/		/	<b>/</b>		
BELLEVIEW PARK 5001 S. Inca Dr.	/	/	/		/	<b>/</b>		<b>/</b>	<b>/</b>		~
CENTENNIAL PARK 4630 S. Decatur St.	/	/	/	/	/	<b>/</b>		/	<b>/</b>		
CLARKSON PARK 2795 S. Clarkson St.					<b>/</b>						
COLORADO'S FINEST HIGH SCHOOL OF CHOICE 300 W. Chenango Ave.		~	/				<b>/</b>				
CUSHING PARK 700 W. Dartmouth Ave.		/	~		~	~		~	~	/	
DUNCAN PARK 4880 S. Pennsylvania St.		/	/	/	/	/	/	/	/		
EMERSON PARK 2929 S. Emerson St.					/						
JASON PARK 4299 S. Jason St.		/	/	/	/	/		/	/		
RIVERRUN TRAILHEAD 2101 W. Oxford Ave. Access to Mary Carter Greenway Trail. "Surf the Platte" on Colorado's only river wave shaper. Learn more at endlesswaves.net/waves/river-run-park.					~	<b>/</b>		<b>/</b>	<b>/</b>		
ROMANS PARK 1800 E. Floyd Ave.		/	/		/	/		<b>/</b>	<b>/</b>		/
ROTOLO PARK 4401 S. Huron St.			/		/	/		/			



## **GET OUT AND EXPLORE!**



Park and Open Space Area Hours: 7 days a week, 6:00 AM – 11:00 PM.

**Park Use Permits:** Required for groups of 15+ people who will use the park but do not require a pavilion. Commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit, \$100 permit fee and evidence of additional insurance. No more than four Park Use Permits will be issued to the same group or individual during a calendar year. Call 303-762-2697 for more details about Park Use Permits.

**Special Event Licenses:** Call 303-762-2490 for Special Event requirements, fees and licenses.

Englewood Farm and Train: Scheduled to open Saturday, May 29! Open daily May 29-Sep. 6, 9:30 AM-3:30 PM. \$2.50 for anyone 2 and older. (Subject to change based on COVID-19 guidelines.)

Athletic Field Use: Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for field rental information and availability.

**Drug and Alcohol Policy:** Alcohol and marijuana are prohibited in all Englewood Parks and Open Spaces.

**No Smoking:** All Englewood parks are smoke- and vape-free.

- 1. RiverRun Trailhead 2101 W. Oxford Ave.
- 2. Belleview Park 5001 S. Inca Dr.
- 3. Cushing Park 700 W. Dartmouth Ave.
- 4. Centennial Park\* 4630 S. Decatur St.
- 5. Jason Park\* 4299 S. Jason St.
- 6. Bates/Logan Park 2938 S. Logan St.
- 7. Baker Park 2200 W. Wesley Ave.
- 8. Romans Park 1800 E. Floyd Ave.
- 9. Rotolo Park 4401 S. Huron St.
- 10. Duncan Park\*
- 11. Barde Park 3150 S. Downing St.
- 12. Miller Fields 3600 S. Elati St.

- 13.Brent Mayne & **Union Fields** 3501 W. Union Ave.
  - 14. Colorado's Finest **High School** of Choice 300 W. Chenango Ave.
  - 15. Canine Corral 4848 S. Windermere St.
  - 16. Englewood **Community Garden** 601 W. Dartmouth Ave.
  - 17. Northwest **Greenbelt\*** Zuni St. to Pecos St.
  - 18. Southwest Greenbelt Huron St. to Bannock St.
  - 19. Clarkson Park 2795 S. Clarkson St.
- 4880 S. Pennsylvania St. 20. Emerson Park 2929 S. Emerson St.
  - 21. Big Dry Creek **Trail Access** 4700 S. Wyandot St.

\*Off-Leash Areas

## **DOGS IN YOUR PARKS**

Please pick up after your dog and follow posted guidelines so everyone can enjoy your parks at all times.

Canine Corral: 4848 S. Windermere St. Open daily from 6:00 AM-11:00 PM. Dogs must be under voice command at all times and have current vaccinations. Additional requirements can be found online.

\*Off-Leash Areas: Dogs may be off leash and under voice control during posted hours at Centennial Park, Duncan Park, Jason Park and Northwest Greenbelt.



Dogs must have current vaccinations and remain out of playgrounds, pavilions and athletic fields. Visit englewoodco.gov/offleash for additional information.

Park use and pavilion reservations will follow the most up-to-date health guidelines. Visit englewoodco.gov for details.



The City of Englewood 1000 Englewood Parkway Englewood, Colorado 80110 303-762-2300

www.englewoodco.gov

PRSRT STD U.S. POSTAGE PAID Englewood, CO Permit No 534





## **ENGLEWOOD FARM & TRAIN IS OPEN!**

5001 S. Inca Dr. • 303-798-6927

Sunday - Saturday, 9:30 AM - 3:30 PM • \$2.50 per person (under 24 months free)